1915

ECONOMY COOKBOOK

Revised, improved and
brought up to date for today's
economy-conscious household.

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60 **years** ago, in 1915, Imperial's very first recipe booklet was published. Called "The Household Economist," it offered a wealth of household recipes, remedies, antidotes for poisons and suggestions for allocating the household budget...in addition to a variety of cooking recipes.

It is from this source that many of the Imperial's new "Economy Cookbook" recipes have been taken and brought up to date for you to use today. We've revised some of the old recipes, and added many others. Microwave ovens weren't around when Imperial's first cookbook was published. Neither were margarine, electric blenders, no-stick pans, slow cookers or digital clock timers...all the things that make cooking a lot easier for you than it was for your mother.

We haven't tried to plan your yearly budget, but we do offer helpful hints and ideas for practicing economy. And suggestions to take some pressure off your grocery bill while insuring good nutrition in the family's daily meals.

The book also includes a few flashbacks to 1915 so you can compare the way things were, to the way they are.

We hope you like the book, find it useful and enjoy the nostalgic glimpses of 1915.

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The Way It Was In 1915

Step back with us 60 years to 1915 when life in the United States was a perplexing time for Americans. Under President Wilson the country was in a period of turbulence and hectic change, struggling to catch up with modern times.

Henry Ford set the business world on its ear by doubling his workers' pay and at the same time reducing the 9-hour work day to 8 hours. This, at a time when the country was in the throes of a depression, made Ford into a folk hero. And he continued to baffle competitors by selling his Model T for $360.

In 1915, women marched to demand an American privilege denied only to criminals, the insane, and women — the right to vote. In the emancipated mood of 1915, women were clamoring for more than the right to vote...they demonstrated to free themselves of all social restraints. They eventually won and a new kind of female emerged. One who started smoking, driving automobiles, wearing scandalous above-the-knee bathing suits, drinking in public, bobbing her hair...and generally kicking up her heels in a manner that shocked her conservative elders.

Photo from the Bettmann Archive.

Photo from the Henry Ford Museum.

Photo from the Bettmann Archive.

Above right: President Woodrow Wilson addressing a small crowd in 1915. Above: The Model T Ford affectionately known as the "flivver" or "Tin Lizzie." Right: 40,000 women of New York march down Fifth Avenue for the right to vote.

World War I entered its second year in 1915 and threatened to engulf the world. Americans were warned that the waters around the British Isles had been declared a war zone, and those who traveled in them did so at their own risk. On May 1, 1915, the German Embassy issued the warning in an advertisement in New York newspapers just as the Lusitania was about to sail for England. The Lusitania was torpedoed without warning by a German submarine off the coast of Ireland six days later, and sunk with a loss of 1,198 lives.

Following uprisings in Mexico, American Marines were withdrawn from Veracruz, the American Fleet was recalled from Mexican waters and the U.S. resumed full diplomatic relations with Mexico in 1915. Pancho Villa, ruthless and cruel as an enemy, was regarded as a friend of Mexico's poor—who followed him loyally as he raided and killed.

Communications underwent rapid expansion in 1915. The United States was linked from coast to coast by long distance telephone when Alexander Graham Bell completed a call from New York to San Francisco on January 25, 1915. Telegraph service had become worldwide with telegraphic cables in operation underneath several oceans, linking the continents. In 1915, the Dictaphone Corporation developed the dictagraph machine, paving the way for modern business machines.

Below: Gen. H. L. Scott, U.S. Army Chief of Staff, met with Gen. Pancho Villa at the racetrack in Juarez, Mexico.

Photo from Smithers Collection, Humanities Research Center, University of Texas, Austin.

Below: The Cunard Liner Lusitania departing on her last trip from New York in 1915. Right: 1915 Dictagraph.

Photo from the Bettmann Archive.

In 1915, Broadway was the entertainment capital of America. Manhattan's theater district was synonymous with diamonds, pearls, and very late hours. Although a few people were beginning to take movies seriously, it was the theater that produced the most fashionable dress styles, the latest dance steps, the snappiest jokes and slang. Of all the stars that burst upon Broadway in the 1900's, none had greater impact than Vernon and Irene Castle, a pair of dancers who combined extraordinary grace and good looks. America, in the throes of a 1915 dancing craze of bobbing and jigging to a lively but ungraceful series of steps called the grizzly bear, the bunny hug and the turkey trot, was quick to follow the gliding ballroom style of Vernon and Irene Castle.

Below: Dancing gracefully, Vernon and Irene Castle. Bottom: 1915 film, "The Birth of the Nation."

Photo from the Bettmann Archive.

Having been a quiet country town, Hollywood's tranquility was shattered in 1915 by a bizarre enterprise called the moving picture business. Suddenly, the nation was bound up in the "Perils of Pauline" and her dauntless suitor, Harry. Mary Pickford became known as "America's Sweetheart." A little man with a twitchy moustache and silly walk, called Charlie Chaplin, was earning over one-half million dollars a year. And a motley troup of comics called the Keystone Kops bungled their way through scores of frantic chases that invariably broke down at railroad crossings in the path of an oncoming express. The epic film, "The Birth of the Nation," premiered in 1915. Proclaimed to be the greatest motion picture ever made, the saga of the Civil War traced the devastation of the South and the humiliating aftermath of Reconstruction. An aroused public stormed movie theaters both to see the film and to protest its racist themes. Although creating furor, the film grossed an estimated $10 million, and set the stage for more film extravaganzas.

Photo from the Bettmann Archive.

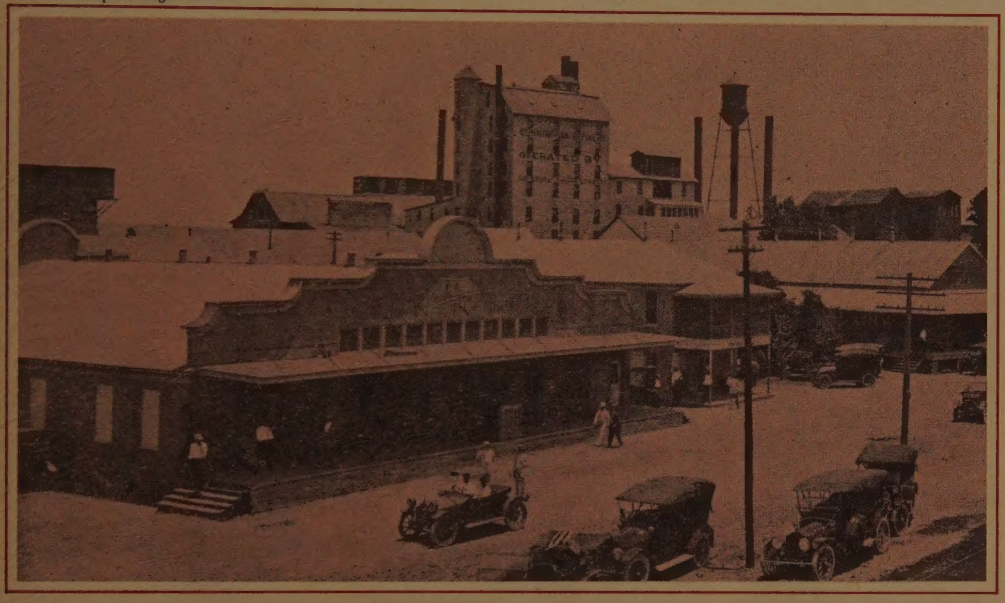
Top: Ty Cobb in 1915. Center: Sugar Land and the Imperial Refinery.

One of the most reliable guides to popular American culture in the 1900's was the best seller list. 1915's best seller, "The Turmoil," was one of two best sellers by author Booth Tarkington.

The 1915 World Series was played between Boston and Philadelphia. Boston defeated Philadelphia 4 games to 1. The major league record for the most stolen bases in one season was set by Ty Cobb as he stole 96 bases in 1915 with the Detroit Tigers. His American League stolen base record has never been beaten.

Photo from the Bettmann Archive.

Photo from Imperial Sugar Archives.



With a beginning dating back to 1843, Imperial Sugar was already 72 years old in 1915. At the turn of the century, the refinery in Sugar Land had a capacity of about 100,000 pounds of sugar a day. By 1915, six structures including a general store, bakery, barber shop, general office, hotel and a saloon had been built in front of the refinery. They were the center of activities in Sugar Land. Today, Imperial's vast refining complex reflects the never-ending program of expansion which has made it one of the most modern in the industry... with a capacity of more than 3½ million pounds a day.

For many years, Imperial Sugar was known as "Mama's Sugar." The theme originated from original oil paintings for Imperial's highway billboards by one of the nation's famous artists of the era, Charles D. Jarrett.

APPETIZERS

In the hard-working, no-nonsense days of 1915, appetizers were only very occasional foods. More people worked in outside, manual labor type jobs and didn't need an appetite stimulator. These hardy, outdoor people would love the dazzling colors, tempting flavors and variety of tastes, textures and shapes of today's snacks, tidbits, dips and chips.

Although they're called appetizers, there's certainly no restriction on the times and occasions to serve them. They're great party food. And they'll add zest and anticipation to a family meal. The most important ingredient for appetizers is imagination. Economy can be another factor. Check contents of your refrigerator often for appetizer ideas. Save juices from fruits and vegetables and serve them cold or make appetizer soups. Blend several small chunks of grated cheese with mayonnaise and seasonings and serve as a cheese spread. Use up the last of a bunch of carrots by making fresh carrot sticks. Marinate carrots or other vegetables in a spicy vinegar marinade and ice them for crispness. Assemble an appetizer tray with a collection of odds and ends from the vegetable crisper and pickle jars. Marinate cooked vegetables in a vinaigrette sauce. Blend a bit of butter with grated orange rind and a bit of powdered sugar or butter with garlic powder — spread on small bread rounds. The list is endless. Use your favorite ideas guided by what needs to be used up in the refrigerator.

Gazpacho

(cold vegetable soup)

1-1/2 cups toasted bread cubes
4 cups mixed vegetable juice
1 green pepper, seeded and diced
1 cucumber, peeled and diced
1 small onion, finely minced
1 clove garlic, chopped
1 tablespoon salad oil
2 tablespoons vinegar
2 tomatoes, fresh or whole canned, peeled and diced
3 drops hot pepper sauce
Salt to taste

Combine 1 cup bread cubes and 2 cups vegetable juice; reserve. In blender, combine half the pepper and cucumber, onion, garlic, oil, vinegar and blend until smooth. Pour into 2-quart container. Put crouton-juice mixture into blender with remaining vegetable juice, 1 of the tomatoes, pepper sauce and salt. Blend a few seconds until smooth and add to first mixture. Serve chilled and pass remaining green pepper, cucumber, onion, diced tomatoes and croutons in individual bowls. Makes 8 servings. Keeps well in refrigerator for two or more meals.

NOTE: This is a delicious hot weather soup and goes well with a sandwich meal.

Cheese and Bacon Sticks

6 slices bacon, cut in half crosswise
3 slices bread, cut in four strips
12 thin strips cheese, cut to fit bread sticks

Cook bacon until almost done. Cut 12 strips of bread, leaving crusts on. Put strips of cheese on bread sticks, top with bacon strips. Broil 5 inches from heat till bacon is crisp. Makes 12 sticks.

NOTE: Good with drinks and with soups or salads.

Marinated Green Beans

1 (1 pound) can whole green beans, drained
1/2 cup liquid from beans
1/4 cup onions, chopped
1/2 cup wine vinegar
1/4 cup Imperial Brown Sugar
2 tablespoons Italian dressing
1/2 teaspoon salt

Drain green beans, reserving 1/2 cup liquid. Combine bean liquid with remaining ingredients and bring to boil. Pour over beans and marinate in refrigerator overnight. Serve cold. Serves 4. Serve on a tray with assorted pickles, olives, cheeses, and cold meats.

NOTE: Substitute cooked tender crisp carrot sticks for beans.

Spicy Tomato Cocktail

2 cups tomato juice
1/2 teaspoon Worcestershire sauce
1 teaspoon lemon juice
Dash salt
Dash white pepper

Blend ingredients. Serve chilled with diced celery, chopped chives, diced cucumber or diced fresh tomato garnish. Or serve hot with toasted, spiced croutons. Makes 4 one-half cup servings.

Crunchy Bread Sticks

4 hot dog buns
1/4 cup butter or margarine, melted
Dash garlic powder
1/4 teaspoon Worcestershire sauce
Dash salt
Dash white pepper or cayenne pepper
1 teaspoon finely minced chives

Split hot dog buns in half, then cut each half vertically to make 4 bread sticks from each bun. Combine all other ingredients and brush onto cut edges of bread sticks. Place on baking sheet and brown in 325° F. oven about 10 minutes. Let remain in oven a few minutes after heat is turned off to make sticks very crisp. Yield: 16 bread sticks. Delicious with drinks, salads or soups.

NOTE: Freeze the last of a package of hot dog buns. Add to this package from time to time until you have enough to make bread sticks.

Miscellaneous Tidbits & Snacks

Crisp Vegetable Nibblers – Make radish flowers, cauliflowerets, carrot curls, scored cucumber slices and celery curls and place in iced water for several hours until crisp. Serve assembled on a bed of ice. Serve with your favorite dip.

Party Breads – Make your favorite corn bread, wholewheat muffins, blueberry muffins, biscuits, gingerbread, or yeast bread. Bake in miniature muffin tins. Serve corn bread with thin slices of ham; wholewheat muffins with Swiss cheese, blueberry muffins with cream cheese, biscuits with sour cream and strawberry preserves, gingerbread with whipped cream and yeast bread with sliced breast of chicken.

Vienna Bites – Cut Vienna sausages in two or three pieces. Wrap with tiny strips of bacon and broil until bacon is brown and crisp.

Hot Spiced Apple Cider – Season canned apple juice with cinnamon, nutmeg, allspice and ground cloves to suit your taste. Begin with just a dash of each spice. Heat and stir; taste and correct seasonings.

Deviled Ham Puffs – Spread canned deviled ham on small rounds of bread. Beat an egg white until stiff and add 3 tablespoons mayonnaise and 1 teaspoon prepared mustard. Spoon this topping on ham and broil until golden brown.

Dip for Raw Vegetables – Combine a package onion soup mix, 1/ 4 teaspoon paprika, 1 cup sour cream and 1/2 cup dry sherry. Let stand 30 minutes, mix well and chill.

Tangy Hot Dogs – Cut one pound hot dogs in bite size pieces. Add 1/3 cup Imperial Brown Sugar, 1/3 cup beer and 1/3 cup chili sauce. Bake, covered in 325° F. oven for 1 hour. Serve hot in chafing dish. May be frozen.

Chicken Livers – Wrap chicken liver pieces with small strips of bacon and secure with toothpick. Broil until chicken liver is cooked and bacon is crisp and brown.

Pickled Black-Eyed Peas – Combine 2 cups cooked black-eyed peas, drained, 1/2 cup salad oil, 2 tablespoons vinegar, 3 garlic buds, minced, 1 small onion, sliced thinly, 1/4 teaspoon salt and some freshly ground black pepper. Store covered in refrigerator.

Salads and DRESSINGS

SALADS

In 1915, salads were served when the crops ripened. Today you can serve a salad as easily on Christmas Day as the Fourth of July. With year-round growing seasons, crisp, green heads of lettuce, crunchy peppers, red tomatoes and many other fresh vegetables are always in grocery stores. And there's no limit to the ingredients that can go into a salad, or to the time of day to serve one. Salads can introduce a meal, comprise its main course, or as in European restaurants, be served after the main course.

Which salad goes with which meal? That depends on the rest of the meal. A small, crisp green or fruit salad is an excellent accompaniment to a hearty meal. If the salad is to be the meal itself, choose one that contains generous amounts of meat, seafood, poultry, egg or cheese. A rule of thumb for choosing salads: Light salads go with heavy, hearty meals; heavy salads with light meals or by themselves.

DRESSINGS

It is usually best to add dressing just before serving a salad except in such cases as potato, macaroni or rice salads. Use only enough dressing on a tossed green salad to barely coat the leaves to avoid a limp wilted salad.

With an electric blender, you can serve a different salad dressing each time even if you serve salad three or four times a week. Start out with a basic French dressing and then divide it into parts, adding a different flavoring to each — blue cheese, horseradish, parsley, garlic, herbs, onions, chili powder, etc. The dressings can be stored in the refrigerator and put back in the blender for a last minute reblending just before serving.

Rice and Vegetable Salad

1-1/2 cups water
1/2 cup oil and vinegar dressing
1/2 cup uncooked rice
1 cup frozen peas, cooked and drained
3 green onions, chopped
1 hard-cooked egg, chopped
2 tablespoons pickle relish
1/2 cup mayonnaise

Cook rice in oil and vinegar dressing and water until rice is barely tender. Add remaining ingredients and chill. Serves 4.

Coleslaw Parfait

1 (3-oz.) package lime gelatin
1 cup boiling water
1/2 cup cold water
1 tablespoon vinegar
1/2 cup mayonnaise
1 cup chopped cabbage
1/2 cup shredded carrot
1/2 cup thinly sliced celery
1/3 cup raisins, optional

Dissolve gelatin in boiling water; stir in cold water and vinegar so gelatin is completely dissolved. Gradually add gelatin to mayonnaise, mixing well. Chill until slightly thickened. Fold in vegetables and raisins and pour into 1-quart mold. Chill until firm. If desired, instead of using one large mold, let salad chill in 6 parfait glasses. Serves 6.

NOTE: This is a basic recipe that can be changed according to foods you have on hand and to please your taste. Use strawberry jello with chopped apple, cabbage, and carrot. Use orange jello with chunks of orange, carrots and raisins.

Family Fruit Salad

3 thinly sliced apples
2 tablespoons lemon juice
2 tablespoons Imperial Granulated Sugar
1/4 cup slivered almonds or walnuts (optional)
1/2 cup sour cream

Coat apples with lemon juice and sugar. Place in individual bowls. Saute slivered almonds or walnuts. Drain. Sprinkle over apples; add rounded tablespoon sour cream. Yield: 6 servings.

Choice Potato Salad

3 medium potatoes
1 small onion, minced
1 tablespoon fresh parsley, minced
2 tablespoons celery, minced
1 tablespoon green pepper minced
1 hard-cooked egg, minced
1 clove garlic minced
1 teaspoon creole or regular mustard
1/4 cup mayonnaise
1 tablespoon vinegar
1 tablespoon salad oil
1 teaspoon celery seed, optional
1 teaspoon salt
1/4 teaspoon pepper

Boil potatoes in jackets until done in centers; peel, dice and place in mixing bowl. Add remaining ingredients and mix well. Serve while warm or chill first. If desired, decorate with extra sliced hard-cooked egg and parsley sprigs. Serves 4.

NOTE: Celery seed may be omitted or caraway seed may be used instead.

Basic French Dressing & Variations

1/3 cup vinegar or lemon juice
1 cup corn oil
1 tablespoon Imperial Granulated Sugar
1-1/2 teaspoons salt
1/2 teaspoon paprika
1/2 teaspoon dry mustard
1 clove garlic

Put all ingredients in tightly closed jar and shake well. Chill. Remove garlic. Shake well before using. Add only enough dressing to coat greens lightly. Makes 1-1/3 cups.

Jazzy Dressing: Add 1 teaspoon Worcestershire sauce, 2 tablespoons catsup and 1 tablespoon lemon juice to basic recipe.

Spicy Dressing: Tie 1 tablespoon pickling spices securely in cheesecloth and add to heated vinegar when making basic recipe above. When vinegar is cool, remove spices. Use vinegar in basic recipe.

Diet French Dressing: In making basic recipe, use only 1/4 cup vinegar, add 2 tablespoons water and use only 1 teaspoon salt and 1 teaspoon sugar.

Cheesy Dressing: Add a bit of blue cheese, Roquefort or other sharp cheese.

Minty Dressing: Add a few sprigs fresh mint to one cup basic dressing and whirl in blender a few seconds.

Other additions: Add one or more to basic dressing — pitted green olives, capers, green onions, pickle relish, parsley.

Sour Cream Dressing

1 cup sour cream or plain yogurt
1/2 cup mayonnaise
1/4 cup chopped chives or young green onions
2 tablespoons wine vinegar
1/2 teaspoon salt
Dash white pepper

Combine all ingredients and mix well. Chill. Yield: About 1-1/2 cups. Delicious as a dip for crisp, raw vegetables. Or add crumbled blue or roquefort cheese for elegant salad dressing. May be mixed in blender.

NOTE: For a thinner, more economical dressing, also lower in calories, substitute buttermilk for some of the sour cream.

Homemade Mayonnaise

1 egg
1 teaspoon salt
1 teaspoon Imperial Granulated Sugar
1 teaspoon mustard
1/2 teaspoon paprika
3 tablespoons vinegar or lemon juice
1-1/2 cups salad oil

Put all ingredients except salad oil into blender container. Cover and blend for 5 seconds. Uncover and very gradually add the salad oil with blender motor running. Blend until very thick and smooth. Yield: 1 pint.

Variations: Add 1 clove garlic, 1/2 cup chopped parsley, dash Tabasco and blend until smooth.

To 1/2 cup mayonnaise, add 1/2 cup cranberry sauce and 1/2 cup sour cream.

To 1 cup mayonnaise, add 1/4 cup chili sauce or catsup and any or all of the following for Thousand Island Dressing: finely chopped onion, celery, stuffed olives, sweet pickle relish, parsley, green pepper, hard-cooked egg. Blend a few seconds leaving solids chunky.

SOUPS

Of all the foods that give you a head start to better meals, soups are probably the most versatile. Serve a bowl of soup and your meal is well on the way. Soups are nourishing and economical. Leftover cooked foods, inexpensive fresh foods and dried foods are great for the soup pot.

Garnish soups with chopped chives, mint sprigs, crusty croutons, a dollop of sour cream...or whipped cream with fruit soups. Serve some soups piping hot. Others are better cold. Some sweet, some with cream base. Experiment with soups...they represent one of your most versatile budget-stretching opportunities.

SAUCES

Early day cooks often served very basic and rather plain foods. The sauces of the French cuisine were mostly unknown and unused. White sauce and cream gravy or brown gravy were workhorses. With the endless variety of ingredients and convenience products available, sauces are easy and economical to prepare. Sauces are perfect to perk up the blandness of eggs, they're marvelous for marinades and great for basting barbecued meats. Sauces also enhance roast meats, ham, chicken or pork.

A variety of sauces can be made from basic white sauce, brown sauce, tomato sauce, hollandaise sauce. Master these basics and the rest is variation.

Make-Your-Own Vegetable Soup

1 (10-3/4 oz.) can cream of tomato soup
1/2 soup can water
1/2 soup can evaporated milk
Selection of cooked vegetables in individual serving dishes (corn, peas, diced potatoes, carrots, etc.)

Prepare cream of tomato soup with water and evaporated milk. Season as desired. Serve soup with a selection of cooked vegetables so each diner can assemble his favorite vegetable combination. Serves 4.

NOTE: This is a good clean-out-the-refrigerator dish. Other garnishes besides vegetables may be served such as chopped hard-cooked egg, croutons, diced leftover meats.

Navy Bean Soup

1 (1 pound) can navy beans with bacon
Water
1/4 cup onion, chopped
2 tablespoons olive oil
1 small potato, peeled and diced (about 1/2 cup)
1 small carrot, sliced or diced (about 1/4 cup)
1 clove garlic, finely minced
1/4 teaspoon Imperial Granulated Sugar
1/2 teaspoon salt
Chopped parsley
Thin lemon slices

Put beans and about 1 cup water in medium saucepan over moderate heat. Saute onions in olive oil and add to beans along with potato, carrot, garlic, sugar and salt. When about to boil, turn heat down and simmer about 20 minutes. Garnish with parsley and thin lemon slices. Serves 4.

NOTE: When served with smoked sausage links, crusty rolls and a fresh fruit salad, Navy Bean Soup is a hearty entree dish.

Hearty Potato Soup

1 cup green onions, thinly sliced
2 tablespoons butter or margarine
1 large potato
2 cups chicken stock or 2 chicken bouillon cubes and 2 cups water
Dash white pepper
Dash nutmeg
1-1/2 teaspoons salt
3/4 cup evaporated milk

Saute green onions in butter or margarine. Add diced potato, chicken stock, pepper, nutmeg and salt. Bring to boil, turn down heat and simmer until potatoes are soft, about 10 minutes. Blend in blender until smooth. Add evaporated milk and heat. Can be served cold. Yield: one quart.

To freeze: After blending, chill but do not add milk. Add milk when thawed, heat and serve.

Variations: Substitute other vegetables for potatoes; try summer squash, broccoli, canned navy beans, carrots.

Basic White Sauce

1 cup milk
2 tablespoons all-purpose flour
1/2 teaspoon salt
Dash pepper (white is preferred)
2 tablespoons butter

Add all ingredients except butter in blender container. Blend until smooth. Use uncooked over food to be baked. Or turn into saucepan and cook, stirring until thickened. Makes 1 cup.

NOTE: For a thick sauce, use an additional 2 tablespoons flour. For thin sauce, use only 1 tablespoon flour per cup of milk.

Lemon Sauce: Blend an egg yolk into medium white sauce and cook and stir until thickened. Add 1 tablespoon capers, if desired, and 1 teaspoon lemon juice.

Parsley Sauce: Blend 2 or 3 sprigs parsley with medium white sauce.

Pimiento Sauce: Blend 1 drained pimiento with medium white sauce.

Basic Brown Sauce

3 tablespoons butter or margarine
1/4 cup flour
1 can condensed beef broth
2/3 cup water

Melt butter or margarine in small saucepan; stir in flour. Cook, stirring constantly, over low heat until mixture turns golden brown. Remove from heat. Stir in broth and water slowly. Continue cooking and stirring until sauce thickens and bubbles 1 minute. Lower heat and simmer 5 minutes. Yield: 2 cups.

NOTE: Beef bouillon cubes and water may be substituted for canned beef broth.

Easy Cheese Sauce

1/2 cup mayonnaise
1/2 cup milk
1/2 cup cheddar cheese
Dash salt and white pepper

Stir together all ingredients in small saucepan and heat over low heat about five minutes or until bubbly. Good on hot vegetables and fish. Try other types of cheese such as Parmesan. Yield: 1 cup.

Blender Hollandaise Sauce

3/4 cup butter (1-1/2 sticks)
3 egg yolks
2 tablespoons lemon juice

Heat butter until melted and bubbly. Put egg yolks and lemon juice in blender and blend a few seconds. With motor running, gradually pour in hot butter in a slow steady stream, blending just until the melted butter is incorporated into the sauce. Cover and chill any leftover sauce. Warm to room temperature before re-using. Yield: 1-1/2 cups.

TIP: Since butter is often no more expensive than margarine, this sauce is not as expensive as it sounds. Adds zip and taste excitement to otherwise ordinary vegetables.

Vegetables add colorful accents to daily meals. Long considered as something to be endured for nutrition's sake, vegetables have now come alive. The wide variety of shapes, sizes, textures, colors and flavors of vegetables imaginatively seasoned or in unexpected combinations offer welcome variations from common meal patterns.

Watch for vegetables in plentiful supply and lower priced. Buy a variety of vegetables fresh and serve some uncooked for maximum nutrients and fiber content. Buy only as many fresh vegetables as you can store properly and use them while they are fresh. Buy frozen vegetables in family size plastic bags and cook only enough for one meal. Keep frozen vegetables frozen hard until ready to use. Use any leftover cooked vegetables in soups, creamed dishes, stews and salads. Assemble leftover vegetables and meats into "TV type" meals and freeze. Heat and serve when you have enough for a meal.

Keep crisp vegetable snacks ready to eat in the vegetable crisper. They're less expensive than other snacks and nutritionally superior. Keep dried vegetables in covered containers at room temperature. Keep canned vegetables in cool dry place out of direct sunlight. Preserve the many vitamins, minerals and roughage in vegetables by proper storage, cooking in minimum water and in a minimum time.

Included in this section are recipes using fresh vegetables, ideas for dressing up canned or frozen vegetables along with suggestions for your own economical home vegetable garden.

Calico Lima Beans

2 strips bacon
1 medium onion, thinly sliced
1 green pepper, thinly sliced
1-1/2 cups canned tomatoes (14-1/2 oz. can)
2 cups lima beans, canned or frozen
1 tablespoon Imperial Granulated Sugar
1/2 teaspoon salt

Cook bacon in saucepan until limp; remove bacon from pan. Add onion and pepper slices and cook in bacon fat until onion is transparent. Add remaining ingredients and cook on low heat for 20 minutes. Serves 4.

Country Cupboard Salad

Fresh or canned green beans
Boiled new potatoes
Sliced raw onions
Cooked carrot sticks
1 (6-1/2 oz.) can tuna, drained (optional)
Salad greens

Arrange chilled green beans, potatoes, onions, carrots and tuna on bed of salad greens. Garnish as desired with hard-cooked egg quarters, olives, pickles, radishes. Serve with mayonnaise, French dressing or your favorite salad dressing. This can be a clean-out-the-refrigerator salad using whatever cooked or raw vegetables and relishes on hand. If tuna is used, this is a main dish salad. Vinaigrette Dressing is good on this salad: Combine 2 tablespoons vinegar, 6 tablespoons oil, 1/8 teaspoon salt, dash pepper, 1/8 teaspoon dry mustard in jar. Close tightly and shake well. Serves 4.

Eggplant Fritters

1-1/2 cups mashed cooked eggplant (1 medium)
1/4 cup diced onion
1 cup pancake mix
1 egg
1/4 cup milk

Combine ingredients and drop by tablespoon in electric skillet or in regular skillet using about 1/2 cup cooking oil. Cook until golden on both sides. Drain on paper towels. Serves 4.

Asparagus Au Gratin

1 (16 oz.) can asparagus, drained
2 cups medium white sauce
1/2 cup grated American or Cheddar cheese
1/4 cup dry bread crumbs
2 tablespoons melted butter or margarine

Place asparagus stalks in 4-cup casserole. Make white sauce using liquid from asparagus for part of milk. Blend grated cheese into sauce and pour over asparagus. Mix butter or margarine into bread crumbs and use as topping over sauce. Bake in 350° F. oven until sauce is bubbly and bread crumbs are golden brown. Serves 4.

NOTE: Save stale bread for crumbs for au gratin dishes. If bread is oven toasted to a golden brown and crumbled and stored in tightly covered jar, crumbs will keep for several weeks. Also, other vegetables can be substituted for asparagus. If preferred, serve as a creamed vegetable on crisp toast.

Potatoes Special

4 medium potatoes
1/4 cup melted butter or margarine
1/2 cup beef bouillon
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup grated Swiss cheese
1/4 cup butter or margarine

Peel and slice potatoes into 1/2-inch rounds. Cook over low heat on top of stove in butter or margarine until potatoes are almost tender, adding some of beef bouillon towards end of cooking. Put potatoes and remaining bouillon in buttered 1-quart baking dish. Sprinkle with salt and pepper. Cover with grated cheese and dot with remaining 1/4 cup butter or margarine. Bake in preheated 400° F. oven about 10 minutes. Serves 4.

Texas Pickled Beets

1/2 cup cider vinegar
1 small onion, sliced in thin rings
1/4 cup Imperial Granulated Sugar
1/4 teaspoon salt
1/4 teaspoon whole peppercorns
1 bay leaf
2 cups (1-pound can) beets, drained and sliced

Combine all ingredients (except beets) with 1/2 cup liquid drained from beets. Add beets and bring to boil. Serve hot or cold. Yield: 2 cups.

Brown Sugared Tomatoes

6 medium tomatoes
3 slices bread, trimmed and cubed
1/3 cup butter or margarine, melted
1/3 cup Imperial Brown Sugar
3/4 teaspoon salt
Dash pepper
Chopped parsley

Slice off top fourth of tomatoes on stem end. Scoop out tomato pulp and reserve, leaving shells. Place shells in greased baking pan. Combine bread cubes, 1 cup tomato pulp, melted butter, Imperial Brown Sugar and seasonings. Blend. Fill tomato shells with mixture. Bake at 350° F. for 30 minutes. Garnish with chopped parsley. Serves 6.

Cheesy Baked Spinach

4 slices bacon, cut in 2-inch pieces
1 pound fresh spinach or 1 (12-oz.) package frozen spinach
Salt and pepper
1/4 pound Swiss cheese, sliced

Cook bacon until crisp and drain on paper towel. Wash fresh spinach thoroughly and remove tough stems. Or pour boiling water over frozen spinach to thaw. Arrange spinach over bottom of greased 1-1/2 quart shallow bake-and-serve dish. Sprinkle spinach with salt and pepper. Cover with cheese slices. Distribute bacon over cheese. Bake in preheated 375° F. oven about 15 minutes, or until cheese is melted and spinach is tender.

Quickly Baked Potatoes

4 medium baking potatoes
1/4 cup melted margarine
Salt and pepper

Preheat oven to 400°F. Wash and scrub potatoes well; dry with paper towels but leave peel on. Cut potatoes in half lengthwise, then cut each half in two long strips. Dip all sides of potato strips in melted margarine and place on foil-lined baking pan. Bake about 30 minutes or until nicely browned and puffy. Season with salt and pepper. Serves 4.

NOTE: Since potatoes are cut in fourths, they bake much faster than whole potatoes, saving time and fuel.

French Fried Onions

2 large onions, peeled and sliced 1/4 inch thick
1 cup all-purpose flour
1/4 teaspoon salt
1/2 cup evaporated milk
2 tablespoons salad oil
1 egg white, unbeaten
6 tablespoons water

Soak onion rings in ice water 30 minutes. Combine flour and salt. Add remaining ingredients and beat until smooth. Dip about six onion rings in batter and fry in deep fat at 375° F. until golden brown. Drain on absorbent paper, sprinkle with salt and keep warm in oven while frying remaining onions. Serves 4. A delicious version of this recipe is yellow squash substituted for the onion rings. Zucchini squash is good, also.

NOTE: French fried onions complement any inexpensive main dish, such as meat loaf, making it seem much more important.

Candied Sweets

2 large sweet potatoes or 1 (#2-1/2) can sweet potatoes
1/2 cup Imperial Granulated Sugar
1/2 teaspoon cinnamon
4 tablespoons butter or margarine

Boil sweet potatoes; when cool, peel and slice them. Or slice canned sweet potatoes. Place in baking pan. Distribute sugar over potatoes, then sprinkle cinnamon over them. Dot with the butter and add 1 cup water. Bake in a 350° F. oven about 40 minutes. Serves 4.

Old Fashion Potato Pancakes

3 eggs
2 tablespoons flour
1 teaspoon salt
Dash white pepper
Dash nutmeg
4 medium potatoes, peeled and shredded

Combine all ingredients, except potatoes, and mix well. Add potatoes. Cook pancakes in hot skillet using about 1/4 cup mixture for each, and using either butter or cooking oil. Fry until golden on both sides. Makes 8 pancakes. Good with Imperial Brown Sugar Syrup or applesauce.

NOTE: An easy way to make applesauce. Add desired amount of hot cinnamon candies to applesauce. Let stand until candies dissolve. Serve cold or heat.

Golden Corn Fritters

1 cup all-purpose flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon Imperial Granulated Sugar
1 egg
1/2 cup water or milk
2 tablespoons vegetable oil
2 cups whole kernel corn, canned or frozen

Mix dry ingredients. Mix remaining ingredients together and combine with first mixture. Drop by tablespoonfuls into hot fat and cook on both sides until golden brown. Drain on paper towel. Serve as meat accompaniment or with maple syrup. Yield: about 16 fritters.

NOTE: Canned corn should be well drained. Cook frozen corn, then drain. One-half teaspoon liquid hot pepper may be added with other liquids, if desired.

Parsley Rice Ring

*4 cups freshly cooked rice**
1 cup parsley, finely chopped
1/4 cup melted butter or margarine

Mix rice, parsley and melted butter or margarine well, using forks to obtain even distribution. Pack into buttered aluminum ring mold and after about 5 minutes, turn out on a round platter. If desired, put small bowl of gravy in center of rice ring. Serves 4.

* *Long grain white rice* — *1 cup raw rice cooks to about 3 cups.*
Parboiled white rice — *1 cup raw rice cooks to about 4 cups.*
Precooked white rice — *1 cup precooked rice cooks to about 2 cups.*
Brown rice — *1 cup raw rice cooks to about 4 cups.*

Home Gardens

A home garden is a good and healthy outdoor hobby. Growing your own vegetables helps to cut food bills and provides good exercise.

But a successful home garden takes careful planning and maintenance. A frequent cause of failure, especially among beginners, can be traced to poor planning, haphazard planting and inadequate maintenance. Here are some hints that will help if you plant your own garden:

Location — Choose a backyard garden plot that has good drainage and will have at least six hours of sunlight per day.

Soil — Good soil preparation is essential and it will pay dividends. Spade mulch and some sand into heavy soil.

Mulching — After planting, put about a 6-inch layer of mulch such as leaves, lawn clippings, peat moss, pine needles, in the garden. It will smother weeds and prevent loss of water from the soil. The mulch will also prevent major changes in soil temperatures. Begin this mulching when young plants are about 4 inches high.

Planting — While waiting for planting time, plan your garden carefully. Don't overplant your space in any one variety. Choose continuous bearing varieties. Plant climbing varieties such as green peas, pole beans to use vertical space. Provide sturdy materials for climbers to cling to. Consider hybrid seed varieties which combine the best features of two or more varieties. To save garden space, stagger the plants. Be sure you plant seeds the correct depth.

Fertilizing — Use the correct fertilizer for vegetables. Fertilizer with a 5-10-5 ratio is best, except for leafy vegetables which thrive on a fertilizer higher in nitrogen.

Watering — When watering your garden, remember that the plants require about one inch of water a week throughout the growing season. The trickle system is most efficient. Use a porous hose or perforated pipe which is more efficient than sprinkling and minimizes loss by evaporation.

Weeds, Pests, Insects — Remove weeds and crowded seedlings to channel maximum growth and production into major plants. Watch for insect and disease damage. Cutworms cut off plants at soil level and can be controlled by putting cardboard collars around plant stems. A heavy stream of water will wash off aphids, worms, beetles and other pests. Check with your nursery for specific advice on pest control.

Even in a limited space, you can grow a few plants...in a flower garden, on a patio or in a sunny window. If backyard space is limited, plant borders of chives, parsley and leaf lettuce along edges of flower beds. Grow patio-type tomatoes in boxes and small barrels on your patio.

Use this handy table to help plan and plant your home garden.

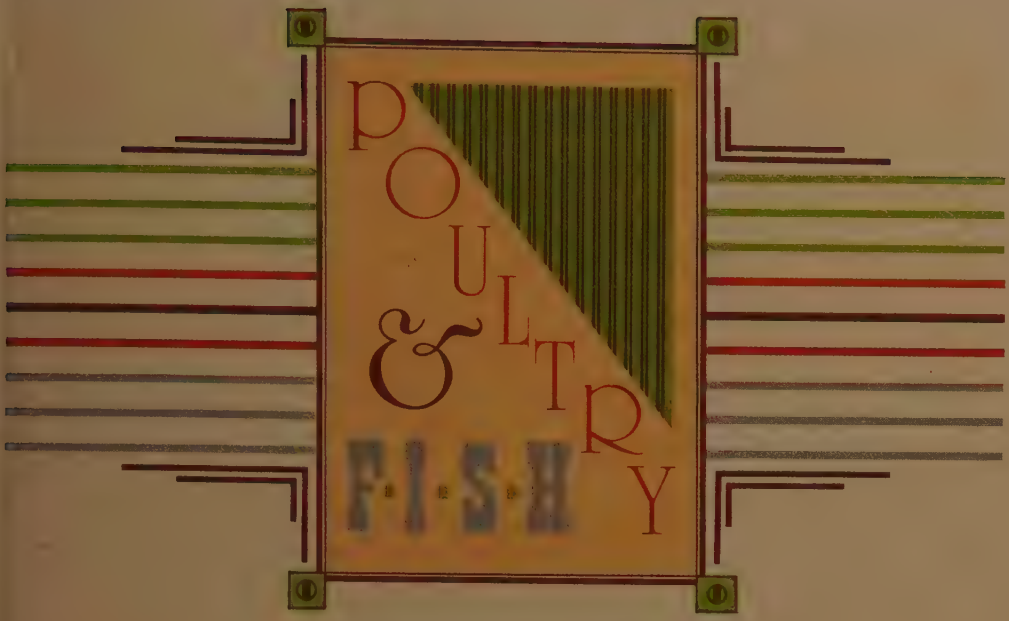
TABLE FOR SOWING AND PLANTING

NAME OF VEGETABLE	DEPTH TO SOW—INCHES	DISTANCE APART ROWS—FEET	DISTANCE APART THIN OUT OR TO PLANT	SEED REQUIRED (Approx.)	ONE PACKET WILL SOW OR PROVIDE PLANTS FOR	WHEN TO SOW	TIME REQUIRED FOR SEED TO GERMINATE—DAYS	READY FOR USE—DAYS
Beans, Pole Lima	1-2	3	3′ hills	½ lb.	10 hills	Spring	6-10	90
Beets	1	1-1½	4″	1 oz.	10′	Feb. to Apr.	8-12	60-75
Cabbage	½	2-2½	1′-1½′	¼ oz.	100′	Oct. to Dec.	4-8	90-140
Cauliflower	½	2-2½	1½′	¼ oz.	100′	Jan. to Feb.	4-8	100-130
Carrots	½	1½	4″	½ oz.	12′-15′	Mar. to Apr.	8-15	65-120
Corn, Sweet	2	2½-3	6″-9″	½ lb.	20′	Feb. to Apr.	6-10	60-100
Cucumbers	1	4	3″ hill	1 oz. = 50 hills or 100 ft.	10 hills	Feb. to Mar.	5-8	60-80
Lettuce	½	1-1½	9″-12″	½ oz.	15′	Sep. to Mar.	6-9	60-80
Onion, Sets	1	1	3″	1½ lbs. onion sets		Spring		
Parsley	½	1	6″	½ oz.	15′	Sep. to May	14-20	90-120
Peas	2	2½-4	1″-4″	1 lb.	10′	Sep. to Apr.	4-10	50-75
Peppers	¼	2½	2′	¼ oz.	100′	Spring	9-14	135-150
Pumpkins	1	8	3″ hill	1 oz. = 30 hills	6 hills	Apr. & May	6-10	100-130
Spinach	½	1	4″	1 oz. = 100 ft.	10′	Sep. to Feb.	6-12	40-60
Tomatoes	¼	3	3′	⅛ oz.	100′	Dec. to Mar.	6-10	75-100
Watermelon	1	6	3″ hill	1 oz. = 30 hills	8 hills	Mar. to May	6-10	110-130

One acre equals three 100-foot rows.

Never be in too great a hurry to sow lima beans in the open, for unless the soil is dry and nicely warm the seed will rot. It is a good plan to start limas in a hotbed or cold frame.

Peas must be sown early, the last spring sowing never later than May.



POULTRY

In 1915, the cook not only knew how to cut up a chicken, chances are she raised it herself. Many families had at least a few chickens running in the backyard. Unless they were eaten very young, they were tough and had to be stewed. What a contrast with the tender broiler-fryers available today packaged whole, halves, quarters or in parts.

Since cut up chickens are more expensive, buy whole chickens and cut them up yourself. Select chickens with short legs, plump body, unbruised skin and a good fat covering which indicates tender meat. Raw chicken can be stored about two days in the refrigerator and about three months in the freezer when properly wrapped. When chickens are low in price, buy as many whole ones as your freezer storage will allow. Cut into serving pieces and freeze separately in amounts suitable to your family size. Allow about ¾ pound of chicken per serving.

Remember when purchasing turkey — the larger the bird you buy, the less expensive per pound it is because of less bone and skin in proportion to edible meat. If cooking for a small family, buy a quarter or half a larger bird. Freeze leftovers so you're not tired of it before it's gone. Remember that cooked turkey should be used within three months; no longer is the hen turkey more tender than the tom.

FISH

When buying fresh fish, look for fish with bright, clear, bulging eyes; gills that look and smell clean; scales that are shiny and lie close to the skin; and firm flesh with some spring to it when pressed with the hand. There should be no strong or unpleasant odor. Fish are very perishable. Fresh fish should be stored in the coldest part of the refrigerator. Frozen fish should be solidly frozen until ready to use and should not be refrozen.

Savory Chicken Wings

12 chicken wings
1 cup dry bread crumbs
1 teaspoon salt
Dash pepper
Dash powdered ginger, if desired
1/4 cup cooking oil
1/4 cup finely chopped salted peanuts
2 tablespoons cooking oil
1 tablespoon lemon juice
1/2 teaspoon salt
1 teaspoon minced green onion

Preheat oven to 350° F. Coat chicken wings with mixture of bread crumbs, salt, pepper and ginger. Place on baking sheet and drizzle with cooking oil. Bake about 40 minutes or until crisply browned. Saute chopped peanuts in cooking oil. Add remaining ingredients and spoon over chicken wings. Serves 4.

Chicken Liver Pate'

1 pound chicken livers
1/4 cup butter or margarine
2 hard-cooked eggs
3 tablespoons lemon juice
1/2 cup minced parsley
1-1/2 tablespoons minced onion
1/2 teaspoon Worcestershire sauce
1/2 teaspoon salt
Dash ground pepper
1-1/2 tablespoons mayonnaise

Saute chicken livers in butter until barely done; mash with fork or grind in meat grinder along with hard-cooked eggs. Combine all ingredients and blend until smooth. Refrigerate several hours. Serve with crisp crackers or rounds of melba toast.

Chicken Breasts And Dressing

2 large chicken breasts, boned and cut in half
3 tablespoons cooking oil
3 tablespoons fresh lemon juice
1 crushed clove garlic or dash garlic powder
1/2 teaspoon salt
Dash white pepper
2 cups corn bread crumbs
2 cups day-old white bread crumbs
1/2 cup chopped onions
1/2 cup sliced celery
1/4 cup butter or margarine, melted
1 cup chicken broth or 1 cup water and 1 chicken bouillon cube
1/2 teaspoon salt
Dash pepper
1/2 teaspoon poultry seasoning

Prepare chicken breasts by boning and splitting in half. Combine cooking oil, lemon juice, garlic, salt and pepper. Coat chicken breasts with this mixture; reserve. Combine corn bread crumbs and white bread crumbs. Saute onions and celery in butter or margarine; add remaining ingredients and mix well with bread crumbs to make dressing. Put dressing in 9" square baking pan. Place chicken breasts on dressing and bake in 325° F. oven 45 to 60 minutes, or until chicken breasts are nicely browned. Serves 6.

NOTE: Freeze leftover corn bread to use later for dressing. Also white bread crumbs. Frozen rice, about 1/2 cup, may be added. Diced hard-cooked egg adds interest to dressing. Other "refrigerator items" or leftovers good in dressing: liquid from oysters instead of water or part of broth; the last of a roll of sausage cooked with the onion; a chicken liver, sauteed with the onion and minced.

Chicken And Dumplings

Backs and necks of 4 chickens
1 teaspoon salt
Dash pepper
2 quarts water
2 chicken bouillon cubes
1 can (10-3/4 oz.) cream of chicken soup
1 cup all-purpose flour
1/4 teaspoon salt
2 teaspoons baking powder
1/4 teaspoon cream of tartar
1 teaspoon Imperial Granulated Sugar
1/4 cup shortening
1/3 cup milk

Simmer chicken backs and necks in mixture of salt, pepper, water, and bouillon cubes. Remove skin and bones and discard. Add bits of chicken to broth and stir in cream of chicken soup. Bring to boil. Combine flour, salt, baking powder, cream of tartar and sugar. Cut in shortening until mixture is crumbly. Add milk and stir with fork to make dough. Pat or roll dough 1/2-inch thick and cut in rounds. Drop biscuit rounds into boiling broth; cover and simmer over low heat 10 minutes. Remove cover and simmer 5 to 10 minutes, or until dumplings are done. Serves 4.

Deviled Chicken Thighs

8 chicken thighs
1/4 cup water
3 tablespoons Imperial Brown Sugar
1/4 cup vinegar
3 tablespoons cooking oil
1/2 cup chili sauce or catsup
3 tablespoons Worcestershire sauce
1 tablespoon dry mustard
1-1/2 teaspoons salt
1/2 teaspoon pepper
2 tablespoons chopped onion

Preheat oven to 350° F. Arrange chicken thighs in baking dish. Combine remaining ingredients in saucepan and simmer 10 minutes. Pour half of barbecue sauce over chicken and bake uncovered 45-50 minutes, basting with remaining sauce every 15 minutes. Serves 4.

NOTE: Add liquid hot pepper sauce for hot barbecue sauce. Add finely minced mushrooms for mushroom barbecue sauce. Add 1 tablespoon chili powder for Mexican barbecue sauce.

California Chicken

1/2 cup butter or margarine
1/4 cup finely chopped onion
1/2 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon white pepper
1/8 teaspoon nutmeg or poultry seasoning
1-1/2 cups evaporated milk
1-1/2 cups chicken broth
3 cups cooked chicken or turkey, cubed
2 medium avocados
lemon juice
Toast points

Saute onions in butter until transparent. Stir flour and seasonings into butter; stir in evaporated milk and broth with wire whisk and cook until sauce is thickened. Stir in cubed chicken or turkey and cook until bubbling. Cut avocados in large chunks and toss with lemon juice. Add to creamed mixture and serve on crisp toast cut in triangles. Serves 6 to 8.

Roasting

ROAST TURKEY

Thaw frozen turkey in the refrigerator from 1 to 3 days depending on size. Do not refreeze. When ready to roast, rinse the bird inside and out with cold water, drain and pat dry. Rub skin and cavity lightly with salt. If bird is to be stuffed, stuff the neck cavity and fasten skin to back with skewer. Stuff body cavity lightly and close with skewers. Tie wings close to body of bird and tie drumsticks to tail with string. Line shallow roasting pan with foil and place bird on rack in foil-lined pan. Brush bird with salad oil or melted butter or margarine. Roast in preheated slow oven at 325° F. according to timetable on opposite page.

Freezing

FREEZING LEFTOVER TURKEY

To freeze cooked turkey, remove meat from bones; bones can be used for making broth or soup to be frozen separately in jars. Leftover gravy can be frozen. Freeze large slices separately from small bits and pieces; package in amounts for specific uses and meals. One cup or two cup packages, for instance. Place meat on large strip of heavy-duty foil; fold ends of foil together over meat and make several double folds both crosswise and lengthwise to make package airtight. Secure with freezer tape and mark contents with freezer pencil. Date packages; frozen cooked turkey will keep about 3 months.

Stuffing

1/2 cup butter or margarine
2 cups onions minced
1 tablespoon poultry seasoning
1-1/2 teaspoons salt
3/4 teaspoon pepper
1/3 cup parsley, chopped
3/4 cup celery leaves, chopped
2-1/2 quarts soft bread crumbs

Combine all ingredients except bread crumbs in skillet; cook 5 minutes. Toss with crumbs. Stuff neck cavity and body cavity lightly and close with skewers. Makes enough stuffing for 8-11 pound bird.

Giblets

Giblets: Wash giblets and cook neck, heart and gizzard for about 2 hours in boiling salted water with a bay leaf, a medium chopped onion and several celery leaves. Add liver during last 20 minutes. Drain, reserving broth for gravy. Remove meat from the neck and grind or chop with heart, gizzard and liver. Add to stuffing or make gravy.

Gravy

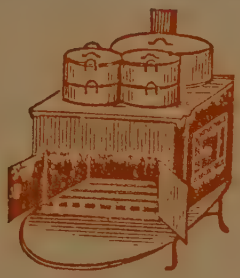
Gravy: For 6 cups gravy, pour drippings from roasting pan into bowl and skim off fat. Put 1/2 cup fat into saucepan. Blend in 1/2 cup flour. Measure skimmed drippings and add water to make 6 cups. Cook fat and flour until bubbly. Add liquid all at once, stirring with egg whip and cook until thickened. Season to taste. Add ground or chopped cooked giblets, if desired.

Poultry Roasting Chart

Poultry should be cooked to an internal temperature of 180° to 185°F.

Always use a meat thermometer but be sure it does not touch bone.

When bird is stuffed, allow 15 to 30 minutes extra time. Stuffing is not recommended for birds cooked on rotisserie spit.



BIRD	POUND WEIGHT	OVEN TEMPERATURE	APPROX. COOKING TIMES (STUFFED)	NOT STUFFED	ROTISSERIE
Chicken	1¾-2	375°	1¼ hours	45 minutes	45-60 minutes
	2½-3	375°	1½-1¾ hours	1¼ hours	1-1¼ hours
	5-6	325°	2-2½ hours	1¾ hours	2-2¼ hours
Capon	7-8	325°	2-2½ hours	2 hours	2-2¼ hours
Cornish hen	¾	400°	1 hour	45 minutes	45-60 minutes
	1	400°	1¼ hours	1 hour	1-1¼ hours
Duck*	4-5	325°	2-2½ hours	1½-2 hours	1½-2 hours
Turkey	8-9	325°	2½ hours	2 hours	2 hours
	10-12	325°	3 hours	2½ hours	2½ hours
	13-15	325°	3-3½ hours	3 hours	—
	16-20	325°	3¾-4½ hours	4 hours	—
Goose**	10-12	325°	4-4½ hours	3½-4 hours	—
Pheasant	2	325°	1¼-2 hours	1-1½ hours	—
Partridge	½-¾	450°	—	20-25 minutes	—
Quail***		300°	1-1¼ hours	45-60 minutes	—
Squab		325°	1¼ hours	45 minutes	—

**Duck – Put in preheated 450° F. oven; reduce heat to 325° F. and cook as indicated above.*

***Goose – Put in preheated 450° F. oven; reduce heat to 325° F. and cook as indicated above.*

****Quail – Put in preheated 400° F. oven; reduce heat to 300° F. and cook as indicated above.*

NOTE: If cooking time is not given, this method is not recommended.

Tuna Lasagne

1/3 cup chopped onion
1 clove garlic, minced
2 tablespoons butter or margarine
1 (#2) can tomatoes
1 (6 oz.) can tomato paste
1 teaspoon salt
1/2 teaspoon Imperial Granulated Sugar
1/2 teaspoon oregano
1/4 teaspoon rosemary
2 cups cottage cheese, (1 pound) sieved
4 ounces lasagne noodles, cooked till barely tender
1 (7 oz.) can chunk style tuna
1/4 cup grated Parmesan cheese

Saute onion and garlic in butter or margarine until transparent. Add tomatoes, tomato paste, salt, sugar and herbs. Cover and simmer about 1 hour. In buttered 9" square baking dish layer sauce, noodles, cottage cheese and tuna, beginning and ending with sauce. Top with Parmesan cheese. Bake in 350° F. oven about 45 minutes. Let stand in warm place about 10 minutes before serving. Serves 4 to 6.

Shrimp And Egg Salad

1 cup shrimp cooked in seafood seasoning or crab boil
3 hard-cooked eggs, chopped (1 cup)
1/2 cup mayonnaise
1 teaspoon prepared mustard
1 green onion, chopped
1/2 stalk celery, chopped

Using 1 tablespoon seafood seasoning or crab boil and about two quarts water for each one pound shrimp, cook shrimp by bringing water to boil, cover pot and let shrimp stand with heat turned off about 10 minutes. Shell and devein shrimp and chop 1 cup into large chunks. Combine with remaining ingredients and chill. Yield: 2 cups. Excellent served as sandwich filling or on lettuce leaves as salad entree.

NOTE: *Egg extends the shrimp and reduces cost accordingly.*

Fried Fish

4 fillets fish (about 2 pounds) or 4 whole small fish, coated with flour
1 egg, slightly beaten with small amount of water
Flour and commeal mixture, half and half
Salt
1/4 cup butter or margarine
1/4 cup cooking oil

Coat fish with flour, dip in egg and water, coat with flour and commeal and sprinkle with salt. Combine butter or margarine and oil and heat in heavy skillet. When fat is very hot fry fish until golden brown, turn and brown on second side. Do not overcook. Or deep fat fry. Serves 4. Serve with Celery Sauce for fish.

NOTE: *If preferred, bake breaded fish on foil-lined baking sheet in 400° F. oven. Drizzle with small amount of butter or margarine.*

Baked Fish

4 fillets fish (about 2 pounds) or 1 whole 4 pound fish
1/4 cup melted butter or margarine
Lemon juice
Salt
Bread crumbs if using fillets

Arrange fish on foil-lined baking sheet. Combine melted butter or margarine and lemon juice and brush on fish. Sprinkle with salt. Coat fillets with bread crumbs. Bake in 400° F. oven about 20 minutes for fillets or about 40 minutes for whole fish. Serves 4.

Lemon And Parsley Sauce

1/2 cup butter or margarine, melted
1 teaspoon grated lemon rind
3 tablespoons freshly squeezed lemon juice
1 tablespoon chopped parsley

Combine all ingredients. Serve hot over broiled or baked fish. Yield: 1/2 cup.

NOTE: Also good on cooked vegetables such as carrots, broccoli and asparagus.

Celery Sauce

1/4 cup celery, finely minced
1/4 cup green onion, finely minced
1/2 cup mayonnaise
1 teaspoon prepared mustard
1 tablespoon lemon juice
Dash salt

Combine all ingredients and serve with baked or fried fish. Yield: 3/4 cup.

Creole Sauce

1/4 cup minced onion
1/3 cup chopped green pepper
2 tablespoons butter or margarine, melted
1-1/2 cups canned or fresh chopped tomatoes
1/4 teaspoon salt
1 teaspoon Imperial Granulated Sugar
Dash cayenne pepper or liquid pepper sauce

Saute onion and green pepper in butter until onion is a light brown. Add remaining ingredients; simmer 10 to 15 minutes. Serve over broiled or baked fish. Yield: 2 cups.

TIP: When green peppers are in season, buy them in quantity and freeze them. Dice some of them, slice others in strips, leave some in halves. Freeze them flat in baking sheets and bag them in amounts needed for different recipes. Commercially frozen, diced onions are sometimes cheaper than fresh ones.

The mainstay of most major meals, meats are the focal point of menu planning. Meat contains body-building, strength-giving protein. Save by buying meat specials for your freezer. Cuts such as chuck pot roast, a blade cut, are most economical. These cuts should be braised, cooked as Swiss steak, cut into cubes for beef stew or sliced thin for stroganoff or stir-frying.

Ground meat is often a best buy for its good flavor, juiciness and lower cost per pound. It's also one of the most versatile of meats.

The rib roast can be roasted as it is or can be cut into steaks. The "eye" of the roast is the most tender and is excellent for roasting or broiling. The remainder of the roast can be ground into hamburger.

Country style spareribs are meaty pieces from the blade end of the pork loin and are a better buy than spareribs.

The butt half of a smoked ham contains more lean edible meat than the shank half. Even paying more per pound for the butt half makes it a lower net cost per pound.

Lamb is often overlooked or ignored. Tender young lamb is delicious and can be a real money saver. Ground lamb patties and loin lamb chops are often a good buy and are very good broiled.

After buying meat carefully, store it properly and use it promptly. Most Americans eat more red meat than good nutrition requires, so plan serving amounts to achieve good health as well as economy. Recommended average serving is 3 ounces.

Pork Chops Delicious

4 pork chops, 3/4 inch thick
1/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon pepper
1 large onion, diced
1 cup beef broth or 1 beef bouillon cube and 1 cup water
1/4 cup tomato paste
2 tablespoons Imperial Granulated Sugar
1/4 teaspoon thyme
Dash cayenne pepper

Trim fat from pork chops; render fat trimmings in hot skillet and remove chunks of fat. Coat pork chops in mixture of flour, salt and pepper and brown in hot fat. Add onions and cook till golden. Add remaining ingredients and mix with meat and onions. Cover. Reduce heat and simmer about 45 minutes. Serves 4.

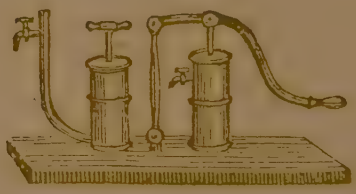
NOTE: Drained whole kernel canned corn is a tasty addition to this dish.

Corn and Sausage Casserole

2 cups cut corn
1 can Vienna sausage, cut in thirds crosswise
1/2 cup chopped green pepper
1/2 teaspoon salt
Dash white pepper
2 cups medium white sauce
1-1/2 cups cracker crumbs or bread crumbs

Combine corn and sausages and green pepper. Add seasonings. Place alternate layers of corn mixture, crumbs and white sauce in ovenproof casserole, topping with crumbs. Bake in 350°F. oven about 30 minutes.

NOTE: Freeze your own green peppers when they are inexpensive; use in cooked dishes. Keep small packets of frozen bread crumbs in your freezer to use up the end-of-the-loaf slices for convenience when preparing breaded dishes. Vienna sausages are often sale priced. Keep them for special dishes and nutritious snacks.



Peasant's Pate'

8 frankfurters
2 tablespoons mayonnaise
1 tablespoon prepared mustard
1 tablespoon chopped onion
1 tablespoon pickle relish
8 slices bread spread with mayonnaise or mustard
onion rings, optional
tomato slices, optional
lettuce leaves, optional

Chop frankfurters coarsely. Put all ingredients into blender container and blend until smooth. Spread on bread slices, add onion rings and tomato slices and lettuce leaves. Top with bread.

Camptown Hamburger Steaks

1 small onion, grated
1-1/2 pounds ground beef
1 clove garlic, minced
2 tablespoons mayonnaise
1 teaspoon prepared mustard
1-1/2 teaspoons salt
Dash pepper

Combine all ingredients, mixing well. Wrap in plastic wrap and set aside for 30 minutes. Brown in skillet over medium heat. Serves 4 to 6.

Rolled Biscuit Steaks — Spread Camptown Hamburger Steak mixture on thinly rolled biscuit pastry. Roll up and cut in one-inch slices. Place slices on ungreased baking sheet and bake in preheated 450° F. oven for 30 minutes. Cover with foil if it browns too fast.

Meat Ball Pie — Make meatballs from Camptown Hamburger Steak mixture and place meatballs in pie tin. Pour 1-1/2 cups brown gravy over meatballs and bake 30 minutes in 350° F. oven. Top with pastry or with mashed potatoes. If using pastry top, make slits to allow steam to escape. Bake until pastry or potatoes are browned.

Spaghetti Meat Sauce

2 tablespoons cooking oil
1 onion, thinly sliced
1 pound lean ground beef
1 (6 ounce) can tomato paste
1 cup tomato juice
1/2 teaspoon chili powder
1/2 teaspoon Imperial Granulated Sugar
1/2 teaspoon salt
1/8 teaspoon pepper

Cook onion in hot oil until golden. Add meat and brown. Stir in remaining ingredients and simmer 30 minutes. Serve over hot cooked spaghetti. Serves 4. If desired, put spaghetti in casserole, top with sauce, add grated cheese and bake until cheese is bubbling.

TIP: Spaghetti is best when cooked until still a little firm, not soft.

Mexican Beef Casserole

1 pound ground beef
1/2 cup chopped onion
2 (8 ounce) cans tomato sauce
1 tablespoon chili powder
1 teaspoon salt
12 tortillas (8 ounce package) cut in half
8 ounces cheddar cheese, shredded

Brown meat in heavy skillet. Add onion and cook until onions are transparent. Stir in tomato sauce and seasonings. Layer meat, tortillas and cheese in 1 quart casserole. Bake at 325° F. about 20 minutes. Serves 4 to 6.

Country Style Pork Sausage

1-1/2 pounds lean ground pork
1/2 pound ground pork fat
2 teaspoons salt
1 teaspoon pepper
2 teaspoons sage

Have butcher grind pork lean meat and pork fat together twice. Add seasonings to ground pork and shape into cakes. Put cakes in cold skillet and pan-fry slowly, about 15 minutes, turning once. Yield: 20 patties.

NOTE: A tasty breakfast meat with eggs and hot biscuits. Or good for supper with waffles.

Haymaker Meat Loaf

1 pound ground beef
1 medium onion, chopped fine
1 clove garlic, finely minced
1-1/2 teaspoons salt
1/2 teaspoon black pepper
1 tablespoon steak sauce
1 egg, beaten
1 slice white bread, moistened in milk or water and squeezed dry
Flour, about 1/2 cup
3 tablespoons cooking oil
1 (#303) can tomatoes, chopped up and seasoned with salt and pepper
2 medium onions, sliced
2 medium potatoes
2 carrots

Combine and mix meat, chopped onion, garlic, salt, pepper, steak sauce, egg and bread. Gently shape into oblong loaf; coat with flour and brown in hot oil in heavy baking pot, turning to brown all sides. Cover with tomatoes and onion slices. Cover pot and bake in 325° F. oven one and one-half hours. Add potatoes and carrots and bake another 30 minutes. Serves 4.

NOTE: Double meat loaf portion of recipe, shape into two loaves. Bake one and freeze the second one.

Hot Dog Hot Pot

4 medium potatoes, cut in one-inch chunks
1 medium onion, cut in chunks
8 frankfurters, cut in thirds
1 teaspoon salt
1/8 teaspoon hot pepper sauce
1 cup water
1/2 cup tomato catsup
1 teaspoon cornstarch

Layer potatoes, then onions, then frankfurters in heavy ovenproof casserole. Combine salt, pepper sauce, water and tomato catsup and pour over franks and vegetables. Cover. Bake in preheated 350° F. oven 10 minutes. Reduce heat to 250° F. and cook another 30 minutes or until vegetables are tender. Remove vegetables and frankfurters to serving dish. Add cornstarch dissolved in water to pan juices and cook over low heat until thickened and clear. Serves 4.

NOTE: If desired, browned beef or pork cubes can be substituted for frankfurters.

Barn Raising Supper

1 pound ground beef
1 large onion, minced
2 teaspoons salt
1/4 teaspoon white pepper
2 cups celery, thinly sliced
1-1/2 cups hot water
1 small can (2 oz.) pimiento, minced, optional
1 (#303) can mixed Chinese vegetables
2 tablespoons cornstarch
1 tablespoon soy sauce
6 cups cooked rice (2 cups uncooked)

Cook ground beef and onion in skillet over medium heat until meat loses red color. Add salt, pepper, celery and hot water. Bring to boil; cover and simmer 10 minutes. Add chopped pimiento and drained Chinese vegetables and bring to boil. Add cornstarch dissolved in 2 tablespoons cold water and stir into hot mixture. Cook until thickened, stirring. Add soy sauce. Arrange on large platter around mound of hot cooked rice. Garnish with parsley and small cherry tomatoes, if desired. Serves 6 to 8.

Penny Pincher's Pot Roast

2 pounds beef (tougher, less expensive cuts such as round, chuck or brisket)
1 cup sliced onion
1 clove garlic, minced
3/4 cup hot water or leftover vegetable liquid
1 small bay leaf
2 tablespoons vinegar or lemon juice
1 tablespoon Imperial Brown Sugar
3 tablespoons tomato catsup
1/4 cup raisins, optional
3/4 teaspoon salt
Dash black pepper
1 tablespoon flour or cornstarch

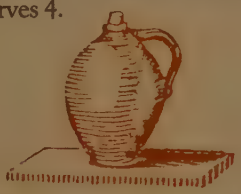
Brown meat in pressure cooker in its own fat. Add onion and garlic and cook until they turn yellow. Add liquid, bay leaf, vinegar or lemon juice, brown sugar, tomato catsup and raisins and salt. Process in pressure cooker at 15 pounds pressure for 25 minutes. Cool cooker. Remove meat to platter. Add black pepper and flour dissolved in water to pan juices and heat to thicken. Serves 4 to 6.

NOTE: If preferred, use heavy casserole instead of pressure cooker. After browning meat, cover casserole and bake at 275° F. about 2 hours. Serve with noodles, rice or buttered and parslied potatoes.

Texas Boneless Chuck Roast

3 pounds rolled boneless beef chuck roast
All-purpose flour
Fat for browning
1 cup water
Salt and pepper

Dust meat lightly with flour. Brown slowly on all sides in hot fat in Dutch oven. Salt and pepper to suit personal preference, about 2 teaspoons salt. Add water, cover and cook in 300° F. oven about two hours or until meat is very tender. Add more water and turn meat halfway through cooking time, if desired. Remove meat and thicken liquid with a flour and water paste. If desired, potatoes, onions and carrots may be added when meat is turned. Serves 4.



Cheesy Steaks

2 tablespoons grated onion
1 tablespoon shortening
4 cubed beef steaks dredged in flour
1 (10-1/2 oz.) can tomato soup
1 teaspoon Imperial Granulated Sugar
1/4 teaspoon basil
1 teaspoon salt
Dash pepper
1/4 cup grated Parmesan cheese

Cook onion in hot shortening; add steaks and cook until brown. Add other ingredients except cheese. Put into 1-1/2 quart casserole and cover. Bake at 350° F. about 35 minutes or until steaks are tender. Or, after browning steak, cool, seal and freeze. Thaw and bake as above. Sprinkle with cheese before serving. Yield: 4 servings.

NOTE: Prepare in stove-to-freezer-to-table casserole when freezing.

Stretching The Meat You Buy

How to Make Three Fresh-Cooked Meals From One Pork Butt

It's a real economy purchase to get a whole fresh pork shoulder butt (5 to 7 pounds) and cut it at home.

1. *Pork Roast* — A pork shoulder butt has only one bone. It extends only part way through the piece. Cut with a sharp knife to divide easily into two pieces. The piece with the bone is your smaller, one-meal roast.
2. *Pork Steaks* — The remaining piece is clear solid meat. From it you can cut boneless steaks about one-half inch thick. Braise the pork steaks just as you would pork chops. Make a panful of gravy with the drippings.
3. *Chop Suey* — As you get to the small end of the boneless piece, cut the remaining meat into small half-inch cubes. Use the diced pork for a meat-stretching dish of chop suey or, if you prefer, a casserole of corn and pork.

How to Get Steaks, a Roast, a Stew From One Leg of Lamb

For three freshly cooked meals, buy a full-cut leg of lamb. Ask your meat-man to cut off a few lamb steaks, and to cut through the shank, leaving about a pound of meat on the bone.

1. *Lamb Steaks to Broil* — Broil the lamb steaks just as you would loin chops. Serve sizzling hot with broiled pineapple slices.
2. *Lamb Roast* — Here's your Sunday roast — just the easy-to-carve center portion of the leg. Make a panful of gravy and serve with potatoes and peas. Remember, you'll get more juicy slices and less cooking shrinkage if you roast lamb at a low oven temperature (no higher than 325° F.).
3. *Stew or Casserole* — Later in the week, cut the meat from the shank into cubes for another freshly cooked meal. Use these tender, boneless cubes of lamb in an Irish stew — or a more glamorous dish such as lamb curry or shish kebab (marinated pieces of lamb grilled on skewers along with green pepper, onions and tomatoes).

How to Get Three Fresh-Cooked Meals From a Pork Loin Roast

To use this method for getting three very different meals — all fresh-cooked — select the more economical rib cut of pork loin. The larger your family, the larger the cut you will need.

1. *Meaty Barbecued Backbones* — Have your meat-man saw through the ribs high enough to leave an inch-thick layer of meat on the backbones. Ask him to chop these "country style" backbones into serving-sized pieces. Cook as you would spareribs.
2. *Pork Chops and Gravy* — Later, cut enough chops for another meal from the remaining piece by slicing between the ribs. You'll find that this is now easy to do because the backbone has been removed.
3. *Easy-to-Serve Pork Roast* — You still have a piece left to cook as a pork roast for your third fresh-cooked meal. Be cure to cook pork thoroughly. Use an oven temperature of 325-350° F. and roast about 40 minutes to the pound.

How to Make a Rib Roast Do Double Duty

Here's a thrifty trick that lets you get not only a fine party dinner from that handsome beef rib roast but also another fresh-cooked meal of braised short ribs.

1. *Braised Short Ribs* — Here's what you do. Have your meat-man saw through the bones. You can then cut between the ribs to make individual servings of short ribs. Braise them slowly with vegetables to stretch their good meat flavor further in the meal.
2. *Juicy Roast Beef* — Now, for your roast, you have just the tenderest "heart" of the piece you bought. To make it juicier — and to get more servings from it, too—keep oven heat at 325° F. to cut shrinkage to a minimum. One hour before done, put peeled potatoes in the pan to brown in the drippings.

How to Get Three Fresh-Cooked Meals From One Pot Roast

With a simple bit of meat cutting in the kitchen you can get three different meals from a thick round-bone pot roast.

1. *Beef Stew* — From the round end of the roast, cut a piece to use for meal number one. Cut this boneless meat into cubes for a beef and vegetable stew.
2. *Pot Roast* — Cut a piece from the center for a chunky pot roast. It will be thick, for best results in cooking — and easy carving, too.
3. *Swiss Steak* — You can easily split the remaining piece to make two attractive Swiss steaks.

How to Make Four Fresh-Cooked Meals From Half a Ham

When ham is on your shopping list, it's a real economy for the average size family to get a full-cut shank half — large enough to make 4 meals.

1. *"Boiled" Dinner* — Have your meat-man saw off a generous shank end for lots of flavor in a "boiled" dinner. Simmer it with carrots, onions, potatoes and wedges of cabbage.
2. *Baked Ham* — You can easily divide the center part of the ham half into two portions. Bake the piece with the bone. The slices will be small, but no less delicious.
3. *Fried Ham Slices* — The remaining piece is easily sliced with a sharp knife. Cut fairly thick slices from the larger end to fry or broil.
4. *Ham and Scalloped Potatoes* — Cut the smaller end into thinner slices. Use them in alternating layers with sliced potatoes to make a dish of scalloped ham and potatoes.

Thrifty Large Cuts of Meat

A larger cut of meat is frequently an economy. But this larger cut does not necessarily have to be cooked all in one piece. With a little help from your meat-man, larger cuts can be easily divided at home into smaller cuts, to be cooked at different times. By using meat in this way, it is possible to provide more meat meals, better distribution of meat's protein throughout the week, greater variety in meat dishes, and fresh-cooked meat at each meal.

EGGS and cheese

EGGS

Aunt Mary probably had her own flock of egg-producing chickens back in 1915. She had plenty of fresh eggs for breakfast and for other cooking, and she took the extra eggs to market to sell. She also had lots of eggs for baking, although she knew that very fresh eggs are not satisfactory in baked goods but should be at least three days old.

A basic and versatile food, use eggs in cooking to thicken puddings, to leaven souffles and angel food, to coat breaded foods, to bind mixtures such as meat loaf, to emulsify mayonnaise, to clarify consomme, to add color to sauces and to garnish salads. Available year-round, eggs should be refrigerated to maintain freshness and quality. Store them in the carton with the broad end up. Leftover whites may be stored tightly covered in the refrigerator 1 or 2 days. Yolks, covered with cold water, may be stored 1 or 2 days in the refrigerator but should be drained before using.

Eggs are a good source of high-quality protein and the yolk is a fair source of iron, vitamin A and riboflavin.

CHEESE

Cheese, one of the oldest foods known to man, appears wherever people raise animals and use their milk. A nearly perfect food, cheese contains many essential food elements such as proteins, vitamins, and fats with appetizing taste. Cheese, an excellent meat substitute, is a good source of protein, calcium and riboflavin.

Cheeses should be cooked at low temperatures since too much heat will toughen cheese and make it stringy.

Some natural cheeses such as Cheddar, Edam, Gouda, Muenster, Swiss and Mozzarella cheese may be frozen in 1-pound or smaller pieces when wrapped tightly in moisture-proof container. They will keep for several months when frozen and should be thawed in the refrigerator and used as soon as possible after thawing. Cottage cheese should be served chilled, but other cheeses are best served at room temperature.

Egg-Cheese Omelet

3 eggs, at room temperature
4 teaspoons water
1/4 teaspoon salt
Dash hot pepper sauce
1 tablespoon margarine or butter
3 tablespoons finely minced ham, sauteed chicken livers, or mushrooms
3 tablespoons grated Parmesan cheese

Beat eggs with water, salt and pepper sauce. Heat omelet pan over medium heat until a drop of water dances and disappears quickly. Add margarine and spread over pan bottom and sides. Add egg mixture and stir in circular motion with large spoon while shaking pan with left hand until no liquid remains. Spread evenly over pan and let stand a few seconds. Place ham, livers or mushrooms and cheese in center of omelet and with spoon fold two sides of omelet over filling. Serves 2. For 4 servings, make recipe twice.

NOTE: Saute 1 tablespoon onion, 1 tablespoon green pepper, both minced, in 1 teaspoon margarine or butter. Add two or three chopped cherry tomatoes, dash salt and pepper. Serve over omelet instead of filling.

Cheese Souffle

1/4 cup biscuit mix
1/2 teaspoon dry mustard
1 cup milk
1 cup grated sharp cheese
3 eggs separated
1/4 teaspoon cream of tartar

Heat oven to 350° F. Mix biscuit mix and dry mustard. Add enough of milk to make a paste, then add the rest of milk gradually. Bring to boil and boil one minute, stirring constantly. Remove from heat and stir in cheese. Add to slightly beaten egg yolks. Beat egg whites and cream of tartar until stiff enough to hold soft peaks. Fold into cheese mixture. Pour into ungreased 1-1/2 quart baking dish placed in pan of hot water. Bake 50 to 60 minutes or until silver knife comes out clean when inserted near center. Serves 4.

NOTE: This is a delicious brunch recipe or light supper food. Good with creamed tuna or chicken. Or creamed vegetables.

Pizza A La Carte

4 English muffins
Garlic powder
1/2 cup tomato sauce
8 small slices Mozzarella cheese
Dash of oregano

Split muffins and sprinkle them with garlic powder. Brush with tomato sauce and sprinkle with oregano. Top with a variety of toppings according to taste: green pepper rings, onion rings, anchovies, sliced mushrooms. Heat in preheated 375° F. oven about 8 minutes. Serves 4.

Golden Cheese Soup

1/4 cup onion, chopped
1/4 cup celery, chopped
1 small carrot, diced
2 tablespoons butter or margarine
1/4 teaspoon powdered mustard
2 tablespoons all-purpose flour
1/2 teaspoon Worcestershire sauce
Dash garlic salt
1 beef bouillon cube
1 cup water
2 cups milk
3/4 cup sharp American Cheddar cheese, shredded
Salt and pepper

Cook onion, celery and carrot in butter in large saucepan about 5 minutes. Blend in mustard, flour, Worcestershire, garlic salt, bouillon cube and water. Put in blender container and blend until vegetables are very fine. Return to saucepan and add milk, cheese and salt and pepper and stir until cheese is melted. Serves 4.

Tomato and Egg Pie

1 can condensed tomato soup
4 eggs
1/4 cup shredded American cheese
4 slices toast

Pour tomato soup into greased, glass pie plate. Break eggs into soup, then sprinkle with shredded cheese. Bake in hot oven (400° F.) until eggs are set. Place slice of toast on each plate, top with an egg and top with tomato soup poured over egg and toast. Serves 4.

Eggs and...

4 hard-cooked eggs split in half lengthwise
2 cups of one or more leftover cooked vegetables
2 cups medium white sauce seasoned with 1 bouillon cube
Salt and pepper to taste
1/2 cup crushed potato chips

Arrange egg halves in shallow baking dish. Place leftover drained vegetables around eggs. Make white sauce using vegetable juices for part of liquid. Cover eggs and vegetables with sauce and sprinkle top with crushed potato chips. Place in 350° F. oven and bake until sauce is bubbly and chips begin to brown. Serve on toast points. Serves 4.

NOTE: Save those broken chips at the bottom of the potato chip bag for toppings.

In the good old days, grandma wouldn't have considered a meal complete without some kind of sweet. But most people then were engaged in more active work and burned up more calories than many contemporary people.

The interesting variety of desserts is possibly a reason they are so irresistible. Oftentimes the high point of the meal, dessert is the crowning touch of sweetness that tops the main course, and brings satisfaction and contentment around the table.

Desserts range from frozen to cold, to warm, to hot from the oven — each designed to develop the best taste satisfaction from that temperature. Flavors, too, are overwhelming in their many assortments and combinations.

With thought and good planning, desserts can be an important part of good nutrition. Fruits, milk products, eggs and nuts provide good wholesome nourishment in many foods. Consumed in moderation, sugars and starches contribute pleasure and good taste to meals. Combine them as desserts with foods from the basic food groups to achieve good nutrition and good taste. Concentrate on serving lighter desserts, smaller servings and avoid between meal dessert snacking.

Strawberry Cake

1 package white cake mix
3 tablespoons flour
3 eggs
3/4 cup cooking oil
3/4 cup water
1 (3 oz.) package strawberry jello
1/2 cup frozen or fresh sliced strawberries

Combine all ingredients in large mixer bowl and mix well. Bake in greased and floured tube pan in 350° F. oven about 40 minutes.

Frost with white frosting mix and decorate with whole strawberries. Or, if desired, combine 2 tablespoons melted butter or margarine, 1-1/2 cups Imperial Powdered Sugar and 2 tablespoons crushed strawberries. Drizzle over warm cake. Decorate cake with choice fresh strawberries.

NOTE: Buy cake mix when it's on special. Make it when strawberries are in season and inexpensive.

Rosebud Cherry Pudding

1 cup all-purpose flour
1/4 teaspoon salt
1 teaspoon baking powder
1/2 cup Imperial Granulated Sugar
1/4 cup shortening
1/2 cup milk
1/2 teaspoon vanilla
2 cups cherries (fresh, frozen or canned), drained
1/4 to 1/2 cup Imperial Granulated Sugar
1 cup cherry juice plus hot water

Combine flour, salt, baking powder and 1/2 cup granulated sugar. Add shortening, milk and vanilla and beat at medium speed on mixer for two minutes. Pour into greased 6" x 10" x 2" pan. Distribute cherries over batter; sprinkle with 1/4 to 1/2 cup granulated sugar. Pour hot liquid over fruit and batter. Bake in 350° F. oven about 40 minutes. Serve warm. Serves 6.

Old Lace Tapioca

1 egg white
5 tablespoons Imperial Granulated Sugar
1 egg yolk
2 cups milk or 1 cup evaporated milk and 1 cup water
3 tablespoons quick-cooking tapioca
1/8 teaspoon salt
1/2 teaspoon vanilla

Beat egg white until foamy. Add 2 tablespoons granulated sugar, 1 tablespoon at a time, and continue beating until mixture stands in soft peaks. Mix egg yolk with a small amount of the milk in a saucepan; add tapioca, remaining 3 tablespoons granulated sugar, salt and remaining milk. Cook over medium heat until mixture comes to a full boil, stirring constantly. Remove from heat. Mixture will be thin. Pour a small amount of the hot mixture over egg white; blend. Quickly stir in remaining hot mixture; add vanilla. Cool, stirring once after 15 to 20 minutes. Chill. Serves 4.

Variations:
Chocolate: Follow basic recipe, adding 1 square unsweetened chocolate, cut in pieces along with egg yolk, tapioca, sugar and salt.
Orange: Make basic recipe and cool slightly. Fold in 1 orange, peeled and sectioned.

Orange Crisp Cookies

1 cup (2 sticks) margarine
1/2 cup Imperial Granulated Sugar
1/2 cup Imperial Brown Sugar
1 tablespoon orange juice
1 teaspoon grated orange rind
1 egg
1-3/4 cups all-purpose flour
1/4 teaspoon soda
1/4 teaspoon salt

Cream margarine and sugars well. Add orange juice and rind. Beat in egg. Sift flour, soda and salt together and add gradually to first mixture. Drop by teaspoon onto ungreased cookie sheets 3 inches apart. Bake in 375° F. oven 7 to 10 minutes or until edges of cookies are quite brown. Remove at once to wire rack. Makes about 6-1/2 dozen cookies.

NOTE: *These cookies are especially good with vanilla ice cream.*

Updated Chocolate Fudge

1 (4-oz.) package chocolate pudding mix
2 tablespoons butter or margarine
1/4 cup milk
1- 3/4 cups sifted Imperial Powdered Sugar
1/4 cup chopped nuts, optional

Combine pudding mix, butter and milk in saucepan; bring to a boil over medium heat. Boil for 1 minute, stirring constantly. Remove from heat; stir in powdered sugar, blending well. Add nuts; pour into greased 8" x 4" loaf pan. Cool; cut into squares or bars. Yield: 1 pound.

Basic Refrigerator Ice Cream

3 egg whites
6 tablespoons Imperial Granulated Sugar
3 egg yolks
1/4 cup milk
1 teaspoon vanilla
1 cup heavy cream

Beat egg whites until stiff peaks form. Add granulated sugar, 2 tablespoons at a time, beating after each addition to form soft meringue. Beat egg yolks until creamy; add milk and vanilla and fold gently into meringue. Beat cream until it barely holds its shape; fold into meringue. Place in freezer until ice cream is firm. Makes about 1-1/4 quarts.

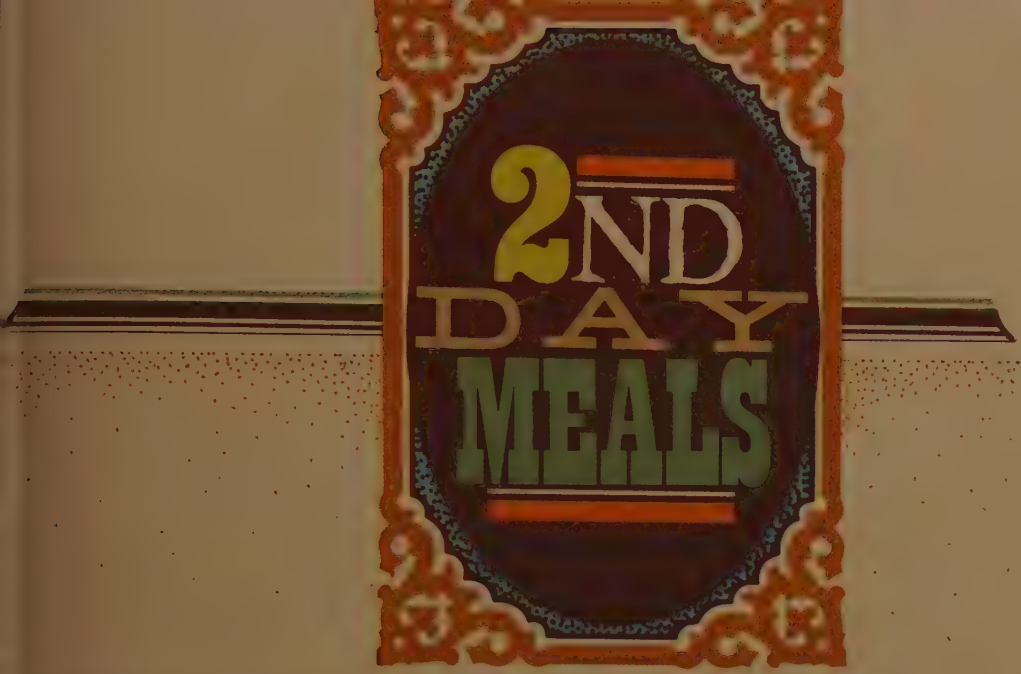
Chocolate: Melt 1 square unsweetened chocolate in 1/4 cup milk in top of double boiler over boiling water; blend well. Make Ice Cream as above, increasing sugar to 1/2 cup and folding chocolate mixture into basic recipe just before folding in whipped cream.

Strawberry: Make basic recipe omitting milk and vanilla. Add 1-1/2 cups crushed strawberries mixed with 1/4 cup granulated sugar just before folding in whipped cream.

Banana: Make basic recipe omitting milk and vanilla. Add 1-1/2 cups mashed bananas (4 or 5 bananas) and 2 teaspoons lemon juice just before adding whipped cream.

Lemon: Make basic recipe, omitting milk and vanilla and adding 1/4 cup lemon juice, 1/4 cup granulated sugar and 4 teaspoons grated lemon rind just before adding whipped cream.

NOTE: *Instead of heavy cream, freeze evaporated milk until mushy. Whip.*



The secret of leftovers is good storage and management. Leftovers should be used as soon as possible to maintain maximum nutrition and flavor.

Store leftovers in the smallest container possible — the less air in the container the better keeping qualities of the food. For leftover canned goods, store in their original cans. Rinse can, line with a plastic bag, add food, close with twist-tie and return to refrigerator. At a glance you know what is in the can and it stores longer and stays fresher closed tightly in the plastic bag.

Use leftover syrup from pickles in salad dressings, to marinate onion rings and beets and use sweet pickle syrup in sweet and sour sauces.

Add vegetable liquids, bits of meat, rice and other compatible foods to a jar in the refrigerator. Use to make soups, stews and meat pies.

Store broken cookies and crumbs, cake crumbs and even stale doughnut crumbs in a plastic bag in the refrigerator. They can be used to make pie crusts following directions for graham cracker crust.

Freeze leftover egg whites in plastic bag-lined muffin cups. When frozen, remove to round carton or larger plastic bag.

Use leftovers to compose TV dinners. Package a complete meal in a disposable pie tin. Make foil packets to separate foods.

Set aside one night a week as "cafeteria" night. Clean out the refrigerator of all small bits and portions of both cooked and fresh foods. Assembled with imagination, this can be the favorite meal of the week.

The key to successful leftover usage is to be leftover conscious; store leftovers where they are visible and won't be forgotten. Use them regularly with imagination. And your family will be more responsive if you refer to them as "second day meals."

Quick and Easy Leftover Ideas

Don't discard leftover cooked rice or pasta. Freeze them in plastic bags. To serve, it's not necessary to thaw. Just put in sieve or colander and pour boiling water over them. They're ready instantly.

Combine well-drained canned peas, diced celery, green onions, hard-cooked eggs, chopped pimientos and mayonnaise, salt and pepper. Serve on crisp lettuce leaves.

Peel cucumber. Using table fork, make ridges lengthwise on all sides for attractive serrated effect. Slice. Serve as is or with sliced onion rings in vinegar diluted with a little water.

Combine mayonnaise, catsup and pickle relish to make instant thousand island dressing.

Fill thin pancakes with diced cooked chicken sauced with undiluted cream of chicken soup. Layer rolled-and-filled pancakes in baking dish and cover with thin layer of soup. Sprinkle with grated Parmesan cheese or bread crumbs drizzled with melted butter. Bake until bubbly.

Combine leftover cooked chicken or turkey with an equal amount of chopped hard-cooked eggs and some celery for crunch. Add to hot thick white sauce and serve over toast or English muffins.

Add leftover cubes of cooked chicken or turkey to chicken and noodle soup. Top with pieces broken from canned biscuits. Cover and boil about five minutes, then uncover and cook another five minutes. Garnish with bits of chopped parsley.

Combine leftover cubes of cooked chicken or turkey to macaroni. Add dice of celery, green onions, carrots, pimientos, olives, pickle relish or whatever you have in the refrigerator for flavor and crisp texture. Add a bit of mustard and enough mayonnaise for desired consistency. Season with salt and pepper and any other favorite seasoning. Serve chilled. Rice can also be used to make salad in similar fashion.

Grind leftover cooked chicken or turkey; add soft bread crumbs, salt and pepper, an egg and chopped onion if desired. If too thin to hold together, add a bit more bread. If too dry, add a little milk or water. Shape into patties. Chill. Coat with flour and fry in a little butter.

Ham and Potato Casserole

1 cup diced cooked ham
2 cups diced cooked potato
1/4 cup margarine, melted
1 small onion, minced
3 tablespoons all-purpose flour
1-1/2 cups milk
Salt and pepper to taste
1/2 cup grated sharp Cheddar cheese, optional
1/4 cup fine, dry bread crumbs
1 (#2) can green beans

Put ham and potato into shallow 1-1/2 quart baking dish. Add onion to melted margarine and cook until onion is golden. Blend in flour. Add milk and cook, stirring until thickened. Season with salt and pepper, then pour over ham and potato. Sprinkle with cheese and crumbs. Dot with remaining 1 tablespoon margarine. Bake in preheated 400° F. oven about 20 minutes. Add heated green beans in ring around edge of casserole. Serves 4.

Sunday Supper Salad

2 cups diced cooked chicken or turkey
1 cup cooked peas
1 cup diced celery
3/4 cup seedless grape halves or chopped apple, optional
2 tablespoons lemon juice
1 teaspoon minced onion
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 cup mayonnaise

Mix together first eight ingredients. Toss with mayonnaise until evenly coated. Chill. Serve with your choice of olives, pickles, hard-cooked egg halves, or fresh fruit slices as garnish on lettuce cups. Serves 4.

Italian Ham Salad

1 cup chopped, cooked ham
1 cup cooked green peas
1/4 cup cooked, diced carrots
1/3 cup mayonnaise
1 tablespoon pickle relish
1 teaspoon prepared mustard

Mix all ingredients. Chill at least one hour. Garnish with olives, pickles, onion rings, pimientos or anything appropriate you wish. Serve on a bed of greens. Serves 4.

Rancher's Beef Pie

Pastry for 2-crust pie
2 cups cooked rice
2 cups medium cream sauce
2 medium onions, thinly sliced
2 tablespoons butter or margarine
2 cups leftover roast beef slices or chunks
2 hard-cooked eggs, sliced
1/2 cup grated Cheddar Cheese, optional
1/2 cup mayonnaise

Roll out half the pastry 1/8 inch thick and use to line an 8-inch square pan. Mix rice with 1/2 cup of the cream sauce. Saute onions in butter or margarine until golden. Place half of rice mixture in pastry-lined pan. Add slices or chunks of beef in even layer. Distribute onions and eggs over beef, cover with remaining rice and sauce mixture. Roll out second half of dough and place over rice. Moisten edges and seal to lower crust. Make slits in top crust for escape of steam. Bake in preheated 450° F. oven for 15 minutes. Melt cheese in remaining cream sauce. Remove from heat and fold in mayonnaise. Cut into squares and serve with mayonnaise-cheese sauce. Serves 4 to 6.

NOTE: If desired, omit cheese and flavor sauce with 1 tablespoon prepared mustard. This is a delicious, hearty meal-in-a-dish, containing meat, rice, vegetables, bread and sauce. Fresh fruit for dessert and a beverage are all that's needed.

SPARKLING
IMPERIAL
SUGAR
EXTRA FINE
GRANULATED
PURE
REFINED
IMPERIAL SUGAR

FREEZING AND CANNING

FREEZING

Electric refrigerators hadn't been invented in 1915. And freezers came years after the refrigerator. That doesn't mean our ancestors didn't know about freezing foods as a means of preservation. They built shelves from kitchen windows so foods stored there would freeze and keep longer. They packed foods in snow and made ice cream with snow. They hung meat where it would freeze. These practices worked in 1915 if the climate was cold enough. But it was a lot of trouble and difficult to control. Now, most homes have some kind of freezer or frozen food storage space. Used efficiently, your freezer will save you money.

CANNING

Home canning is a highly rewarding experience. It can be extremely economical, creative and personally satisfying, especially if the vegetables and fruits were grown in your own backyard garden. Nothing says "thank you," or "happy birthday" better than your very own personal home canned gifts. Home canned foods will keep for many years. Some foods hold color, flavor, texture and food value longer than others. But, whether the food is canned at home or in a factory, natural chemical changes are usually noticeable within a year. The hints on the following pages will help prevent damage and spoilage to your home canned and frozen foods.

Canning Tips

Jars – Choose pints or quarts made for canning depending on the size of your family and how you will use the food. Use widemouthed jars for large pieces of food. Jars and lids must be flawless with no nicks, chips or cracks. Discard rusted or dented metal screw bands and buy new metal lids with sealing compound. Buy new rubber rings for zinc cap closures. Wash jars, lids, metal screw bands and jar rubbers in hot soapy water; rinse. Keep jars in hot water till ready to use. Follow manufacturer's directions for lids. Be careful to seal canning jars correctly.

For flat metal lid with screw band: Wipe jar rim clean with a damp cloth after filling jar with food. Place lid on jar with sealing compound next to glass. Screw metal band down tightly by hand. This is a self-sealing lid — do not tighten screw band after jar is processed.

Zinc cap and rubber ring: Fit wet rubber ring on jar shoulder, stretching only as much as necessary. Pack jar with food. Wipe rubber ring and jar rim with a clean, damp cloth. Screw cap down firmly, then turn back 1/4 inch. Immediately after processing, screw cap down tightly. If liquid has boiled out during processing, do not open jar to add more liquid. Seal jar as is.

Checking the Seal: Wait to check the seal until jars are completely cool. Fiddling with lids while jars are warm may break the seal. Cool the jars on a rack or folded cloth away from drafts. Leave space between jars for air to circulate. If using flat metal lids and screw bands, the "pop" heard as jars cool means a jar has sealed. However, there are two tests for seals after the jars are cool when using self-sealing lids:

1. Metal lid should be drawn down or will stay down when pressed in center.
2. A spoon tapped on the lid should make a ringing sound — a dull sound may indicate the seal is poor or food is touching the lid.

To test seals on cooled jars with zinc caps, tilt jar partially over. If jar is sealed, it won't leak. If jars have not sealed, you have two choices. First, refrigerate the food and use it as soon as possible. Or, reprocess the food in a clean jar with a new lid.

Storing Food – After jars have cooled, remove metal screw bands. Do not force stubborn bands. Instead, cover bands with a damp, hot towel for a few minutes, then remove bands. If bands are left on, they may corrode and be difficult to remove. Wash bands, dry. Wipe the jars with a clean, damp cloth to remove food or syrup. Label jars showing contents of jar, date it was canned and the lot number if more than one batch was canned in one day. For best eating quality, store them in a cool, dry, dark place. Both heat and light alter the quality of canned foods in a relatively short period of time. Dampness may corrode the metal lids, resulting in leakage and eventually spoilage. If the food accidentally freezes, check to see if the seal or jar is broken. If not, the food is safe to eat but will probably be mushy.

Opening Jars: Always take time to examine each jar before opening it. A bulging lid or band or a leak may indicate spoiled food. As you open the jar, watch for other signs of spoilage; spurting liquid, an off odor or mold. *Do not use or taste food if there is any indication of spoilage.* To open a jar with a flat metal lid, puncture the lid with a sharp object, then carefully pry the lid up. If jars are sealed with zinc caps, first pull jar rubber out with pliers; then unscrew cap.

Recycling Jars: Flawless jars, metal screw bands, and zinc caps in good condition may all be reused. Use flat metal lids with sealing compound and jar rubbers only once.

Important Canning Instructions: Not all fruits and vegetables can be processed and canned in the same manner. Some foods, because of their high or low acid contents require special processing.

Low-Acid Vegetables: All low-acid vegetables (every vegetable except tomatoes, pickles, sauerkraut) must be processed in a steam-pressure canner at a temperature of 240° F. (10 pounds pressure) to be certain that all spoilage microorganisms are destroyed.

Meats, Poultry, Seafoods: Meats, poultry and seafoods are also low-acid foods and must be processed in a steam-pressure canner.

Acid Fruits and Vegetables: Fruits and acid vegetables should be processed in a water-bath canner to destroy all spoilage microorganisms.

Butters, Conserves, Jams, Marmalades and Preserves: These choice homemade foods should be processed at simmering temperatures (180°-185° F.) in a water-bath canner.

Sugar Syrup for Canning: Preserves are fruits preserved with sugar so that the fruit retains its shape, is clear, shiny, tender and plump. The syrup is clear and varies from the thickness of honey to that of soft jelly.

In addition to serving as a preserving agent, sugar helps in gel formation for jellies and contributes to flavor in canning. One distinct advantage of home-canned fruits is that they can be as sweet or unsweet as family preference dictates. From the following chart, you can select one or more sweetness levels for your syrup-packed fruits.

SYRUPS FOR CANNING

Type of Syrup	Imperial Pure Cane Sugar	Water	Yield of Syrup
Very Light	1 cup	4 cups	4-3/4 cups
Light	2 cups	4 cups	5 cups
Medium	3 cups	4 cups	5-1/2 cups
Heavy	4-3/4 cups	4 cups	6-1/2 cups

Measure sugar and liquid (either water or fruit juice) into a saucepan. Cook until sugar dissolves. Keep syrup hot until needed, but do not let it boil down. Usually 1 to 1-1/2 cups of syrup are needed for each quart of fruit.

Canning Recipes

VEGETABLES

Beans – Use kidney or any other variety of dried beans or dried peas. Cover beans or peas with cold water. Let stand 12 to 18 hours in a cool place. Boil 30 minutes. Pack, hot, into hot jars, leaving 1-inch head space. Add 1 teaspoon salt to each quart. Cover with boiling water, leaving 1-inch head space. Adjust caps. Process pints 1 hour and 15 minutes, quarts 1 hour and 30 minutes, at 10 pounds pressure.

Beets – Wash deep red beets. Leave 2 inches of stems and the tap roots. Boil until skins can be slipped. Remove skins, trim beets; leave whole, slice or dice. Pack into hot jars, leaving 1-inch head space. Add 1 teaspoon salt to each quart. Cover with boiling water, leaving 1-inch head space. Adjust caps. Process pints 30 minutes, quarts 35 minutes, at 10 pounds pressure.

Broccoli – Wash all-green broccoli. Cut into 2-inch pieces, or as wanted. Boil 3 minutes. Pack, hot, into hot jars, leaving 1-inch head space. Add 1 teaspoon salt to each quart. Cover with boiling water, leaving 1-inch head space. Adjust caps. Process pints 30 minutes, quarts 35 minutes, at 10 pounds pressure. (Broccoli, Brussels sprouts, cabbage, cauliflower, rutabagas and turnips usually discolor when canned, and also develop a strong flavor.)

Cabbage – Wash and prepare as for cooking. Cut into desired size pieces. Boil 3 minutes. Pack, hot, into hot jars, leaving 1-inch head space. Cover with boiling water, leaving 1-inch head space. Adjust caps. Process pints 30 minutes, quarts 35 minutes, at 10 pounds pressure.

Corn – Use freshly gathered corn. The kernels should be plump, shiny and filled with milk. Can as quickly as possible after gathering. Handle in small quantities. Lose no time between preparing, packing and processing. Husk corn; remove silk. Wash. Cut corn from cob. Do not scrape. Measure. Add 1 teaspoon salt and 2 cups boiling water to each quart of corn. Pack, boiling hot, into hot jars, leaving 1-inch head space. Adjust caps. Process pints 55 minutes, quarts 1 hour and 25 minutes, at 10 pounds pressure.

FRUITS

Apples – Make light or medium syrup. Wash, drain, core, pare and slice cooking apples (or cut into halves or quarters). Treat with ascorbic acid to prevent darkening. Drain. Boil in syrup 5 minutes. Pack, hot, into hot jars, leaving 1/2-inch head space. Adjust caps. Process pints and quarts 20 minutes in boiling-water bath.

Applesauce – Wash, pare, if desired, quarter and core cooking apples. Simmer, covered, in a small amount of water, until tender. Press apples through sieve or food mill. Sweeten sauce to taste (about 1/4-cup sugar to 4 medium apples). Reheat to boiling. Pour, boiling hot, into hot jars, leaving 1/2-inch head space. Stir with rubber bottle scraper or similar non-metal utensil to remove air bubbles. Adjust caps. Process pints and quarts 20 minutes in boiling-water bath.

Berries – For blackberries and others that hold shape well. Wash, drain and measure

firm-ripe berries. Put into kettle; add 1/4 to 1/2 cup sugar for each quart berries. Let stand 2 hours. Cook until sugar dissolves and berries are boiling hot. Pour, hot, into hot jars, leaving 1/2-inch head space. If there is not enough syrup to cover berries, add boiling water, leaving 1/2-inch head space. Adjust caps. Process pints 10 minutes, quarts 15 minutes, in boiling-water bath.

Ripe Grapes – Make light or medium syrup. Wash and drain grapes. Remove stems. Pour about 1/2 -cup boiling syrup into hot jar. Fill jar with grapes. Shake jar to pack grapes closely without crushing, leaving 1/2-inch head space. Add more syrup, if needed, to cover grapes, leaving 1/2-inch head space. Adjust cap. Process pints 15 minutes, quarts 20 minutes, in boiling-water bath.

Berry Juices – Use boysenberries, loganberries, raspberries, etc. Wash, crush and simmer berries until soft. Strain through cotton flannel, jelly bag or 4 layers of cheesecloth. (For a greater yield of juice, twist the two ends of the bag in opposite directions until most of the juice is extracted.) Add 1 to 2 cups sugar to each gallon juice. Reheat to 190° F. Pour, hot, into hot jars, leaving 1/4-inch head space. Adjust caps. Process pints and quarts 30 minutes at 190° F. in hot-water bath. If clearer juice is desired, before adding sugar let juice stand 24 hours in refrigerator. Carefully ladle juice into pan (do not disturb sediment), add sugar and proceed as above.

JELLIES AND JAMS

Grape Jelly – 4 cups grape juice (takes about 3-1/2 pounds Concord grapes and 1/2-cup water); 7 cups Imperial Sugar; 1/2 bottle liquid pectin.

To prepare juice: Sort, wash, and remove stems from fully ripe grapes. Crush grapes, add water, cover, and bring to boil on high heat. Reduce heat and simmer for 10 minutes. Extract juice. To prevent formation of tartrate crystals in the jelly, let juice stand in a cool place overnight, then strain through two thicknesses of damp cheesecloth to remove crystals that have formed. *To make jelly:* Measure juice into a kettle. Stir in the sugar. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add the pectin and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; skim off foam quickly. Pour jelly immediately into sterilized hot containers and seal. Makes 8 to 9 eight-ounce glasses.

Jelly from Canned or Frozen Juices – Unsweetened canned or frozen fruit juices are excellent for making jelly. Commercial canned or frozen juices make excellent jelly; however, commercial pectin will be needed.

Berry Jams – (Blackberry, Blueberry, Boysenberry, Dewberry, Raspberry, Loganberry) 9 cups crushed berries; 6 cups Imperial Sugar. Combine berries and sugar, bring slowly to boiling, stirring occasionally until sugar is dissolved. Cook rapidly to, or almost to, jellying point, depending upon whether a firm or soft jam is desired. As mixture thickens, stir frequently to prevent sticking. Pour, boiling hot, into hot jars. Adjust caps. Process 10-15 minutes. Yield: 3 to 4 pints. If seedless jam is preferred, crushed berries may be heated until soft and pressed through a sieve or food mill; then add sugar and proceed as above.

Freezing Tips

Unlike canning, freezing does not destroy microorganisms or enzymes. But freezing does retard the activity of enzymes and it preserves food because it delays or stops the growth of bacteria, molds and yeasts. The length of time frozen foods hold their fresh flavor and natural color depends upon the kind and variety of food used, its selection and preparation, the container in which it is frozen and the efficiency of the freezer.

Plan your freezer space to make the most economical use. Allow space for short-time storage of baked goods, prepared dishes, lunch box meals, leftovers and special party foods. Try not to overstock on one item so you run short of space for other foods. Label packages accurately and date them. Put no more unfrozen food into a freezer than will freeze within 24 hours. This is about 2 or 3 pounds of food for each cubic foot of freezer capacity. Freeze seasonal foods when they are cheapest for year-round use. Freeze foods such as berries, peas, lima beans, diced green pepper and onions on a cookie sheet. When frozen, package and store in bags and use as needed. Also freeze meat patties, chops, chicken parts in individual pieces. Freeze meat loaf in muffin tins, then package in plastic bag. Line casseroles with foil; remove foil and frozen food from casserole so dish can be reused. Use ice cube trays to freeze juices and soup stocks.

Tips for Successful Freezing:

Select varieties of fruits and vegetables which freeze best. Your Agricultural Extension Service can guide you.

Freeze only top quality foods.

Prepare vegetables and fruits for freezing as soon as possible to prevent loss of vitamins.

Blanch or scald all vegetables to stop enzymatic action.

Don't overcook.

Cool all foods quickly to stop cooking action and prevent off flavors.

Use moisture and vapor-proof packaging.

Allow head space in containers and jars for expansion during freezing. For dry packs, allow 1/2-inch for any container. For liquid or semi-liquids, allow 1/2-inch for pint containers with wide openings; 1 inch for quarts. For glass canning jars with necks, allow 1 inch for pints; 1-1/2 to 2 inches for quarts.

Keep freezer setting at 0° F. or lower.

Use up foods before maximum storage time has expired.

Do not refreeze completely thawed foods.

Packing Fruit in Syrup for Freezing

Pour about 1/2-cup ice-cold syrup into can or freezer jar. Fill jar half full with fruit; shake jar to pack fruit as closely as possible without crushing. Finish filling jar leaving head space, 1/2-inch for half-pints and pints, 3/4-inch for 1-1/2 pints. Shake jar again. If needed, add more syrup to cover fruit. Place small piece of crumpled plastic wrap or aluminum foil on top of fruit, pressing down to hold fruit under syrup. Wipe top and threads of jar with clean, damp cloth. Screw cap tight.

SYRUPS FOR FREEZING FRUITS

Type of Syrup	Imperial Pure Cane Sugar	Water	Yield of Syrup
Light			
30 percent	2 cups	4 cups	5 cups
35 percent	2-1/2 cups	4 cups	5-1/3 cups
Medium			
40 percent	3 cups	4 cups	5-1/2 cups
Heavy			
50 percent	4-3/4 cups	4 cups	6-1/2 cups
Very Heavy			
60 percent	7 cups	4 cups	7-3/4 cups

Make syrup by boiling sugar with water until sugar dissolves. Refrigerate until syrup is ice cold. The sugar may be dissolved in cold water, but the syrup is clearer if it is cooked. A medium syrup is preferred for most fruits. A heavier syrup may be desired for very sour fruits. It takes 1/2 to 2/3 cup syrup for each pint container of fruit.

Used efficiently, a freezer can provide a great deal of economy in your household budget. It can also become costly if foods are allowed to spoil. While some foods have a longer life in the freezer, others should not stay frozen too long. Following this guide will help prevent freezer spoilage.

STORAGE TIMES FOR FROZEN FOODS AT 0° F.

Food	Maximum Storage Time (months)
Fruits and Vegetables	8-12
Meats:	
Beef	6-12
Lamb and Veal	6-9
Pork	1-3
Cured Pork	1-2
Sausage and Ground Meat	1-3
Cooked Meat (not covered with sauce)	1
Venison	6-8
Poultry:	
Chickens	6-12
Giblets	3
Cooked Poultry (not covered with sauce)	1
Game Birds	6-8
Precooked Combination Dishes	2-6
Fish	1-3

Keeping the freezer full is the secret to making it work for you year-round. Figure out what foods are the most important for the space available. Then, plan ahead to save money on seasonal produce, fruits, specials on meat.

CARROTS 2 5
BELL PEPPERS 2 5
ONIONS 3 5
LEMONS 10½
CUCUMBERS 2 5
GRAPEFRUIT 19
SPARKLING IMPERIAL SUGAR PURE CANE
350 LBS. NET
IMPERIAL
STANDARD
PURE CANE
GRANULATED
IMPERIAL SUGAR
FIRST IN
SUGAR

Years ago grocery shopping was not very complicated. The corner grocery stores were small, there weren't ten brands of every product to choose from and large size packages were very common. Everyone knew everyone else on a first name basis, and ideas often changed hands faster than merchandise.

As wonderful as present day supermarkets are with their thousands of convenience foods, their myriad counters of frozen products, and their year-round array of fresh vegetables and fruits, economy food buying is still a matter of buying wisely. Economical shopping is the essential first step to good cooking — for no dish is better than the ingredients that go into it.

As most good cooks know, half the secret of preparing economical, appetizing dishes is to know some of the hints on seasoning and shortcuts of food preparation. A good working knowledge of cooking terms, flavor combinations and menu go-togethers will provide you with a background for quick, economical and easy meals. The same techniques can also be applied to an elaborate party or fancy feast, turning it into one that can be readily prepared and served.

This section deals with hints on the purchase of food items, keeping within the food budget, and economy cooking procedures.

The economy tips are offered to help you keep the budget in mind while providing an appetizing and balanced daily diet for your family.

Shopping Tips

When shopping, compare costs of various types of foods — canned, fresh, frozen, dried, condensed — because costs change. Also compare unit prices of foods bought in small sizes as compared to larger sizes. Sometimes there are savings when buying the larger size, sometimes not. Check weights of canned goods; weights will be accurate whereas shapes and sizes of containers can be deceptive. Labelling of food packages is revealing. By law, the ingredient listed first must be the ingredient in greatest quantity. For instance, a can labelled "Meatballs and Spaghetti" will contain more meatballs than a can labelled "Spaghetti and Meatballs."

Meat, poultry and fish absorb from a quarter to a third of the food budget, so it is important to shop economically to bring the most appetizing protein foods to your table. Check the entire meat section before making your selections; the meat manager distributes the best buys throughout the counter. Cost per portion is more important than cost per pound. Flank steak and brisket are two cuts of beef with good flavor, little or no waste and less expensive than such cuts as sirloin. Lamb shanks braised or roasted in a barbecue sauce are sweet and tender and much less expensive than leg of lamb.

Learn the order items appear in the aisles of the supermarket. Make out your shopping list in the same order. You will avoid backtracking which will save time and exposure to tempting foods. Avoid impulse buying — it can wreck the budget. But keep an eye open for genuine specials.

Plan your grocery shopping so you make a once-a-week shopping trip. You'll save on grocery costs because you will be forced to plan better. You'll also save on cost of gas for your car. When shopping for groceries, let your children find the products that match the coupons. Keeps child busy and feeling helpful.

Cooking Tips

You can save money on your food dollar by proper cooking. The higher the oven temperature when roasting meats, the more shrinkage. Roasting at no more than 300° F. will save a surprising amount of food and the food will be more tender and have better flavor. Meats cooked at lower temperatures will slice better and crumble less. Use stuffings, gravies, rice and pasta to extend low-cost meats. Learn a wide variety of ways to use ground meats which are the less expensive meats with little waste and good flavor.

Use a natural meat tenderizer to help hold juices in meat as well as make it more tender. The meat will cook faster thus saving time and fuel. You can broil, barbecue, roast, bake or pan-fry the less tender cuts of meat after using tenderizer.

Do not use a regular meat or candy thermometer in microwave ovens. Use only specially designed thermometers which are now available for microwave ovens. Using an ordinary thermometer in a microwave oven may cause inaccuracy or even damage to the thermometer.

Try to plan several days' or the week's entrees and baked foods. Organize a system and bake several items at a time; prepare and freeze or refrigerate others so fuel is

conserved and you will spend a minimum of time in the kitchen the rest of the week. When serving a baked meat dish, plan other baked foods such as vegetables and dessert that cook at the same time and use the same electricity or gas. The last ten minutes of cooking time for a roast, put canned biscuits into pan juices (drain off some if necessary) around the meat and bake until biscuits are baked.

Cook meats outside several times a week on the grill to keep your house cooler. Wrap vegetables in foil and cook them on the grill, too.

Use as little water as possible when boiling potatoes to prevent loss of important vitamins and minerals. Save the liquid to be used as part of the liquid ingredient when making cakes, quick breads and other baked goods. Use drained potato water plus dry milk for the liquid for mashing potatoes.

When baking cakes, save one-half the calories by using skim milk instead of whole milk; use buttermilk or yogurt instead of sour cream and save 80% of the calories. Evaporated skim milk has one-fourth the calories of heavy cream. Three tablespoons of unsweetened cocoa containing 40 calories can be substituted in some foods for one square of unsweetened baking chocolate which contains 145 calories.

To make flour for brown gravy, put thin layer of flour in large, shallow baking pan. Place in 300°F. oven and bake, stirring about every ten minutes, until flour is rich brown color. Use for making brown gravy. Add it to hot liquids; it won't lump.

When serving canned vegetables such as green peas, beans, spinach and asparagus, drain liquid into saucepan and add some diced onions. Boil until liquid is reduced to about one-half volume. Then add vegetables and cook only long enough to heat vegetables.

Make soured milk or buttermilk by adding enough milk to 1 tablespoon white vinegar to make one cup. Use dry milk in cooking. It's nutritious and economical. One tablespoon cornstarch equals 2 tablespoons flour for thickening. When a recipe calls for one cup dairy sour cream, add enough evaporated milk to one tablespoon lemon juice to make 1 cup. 1 cup soft bread crumbs is 2 slices fresh bread. Whites from 6 or 7 large eggs will make 1 cup egg whites; yolks from 11 or 12 large eggs will make 1 cup egg yolks. One pound shelled walnuts or pecans will make 4 cups chopped walnuts or pecans.

IMPERIAL
SUGAR
light brown
IMPERIAL
SUGAR
brown
IMPERIAL
SUGAR
dark brown
IMPERIAL
SUGAR
IMPERIAL
SUGAR
IMPERIAL
SUGAR
superfine
IMPERIAL
SUGAR
IMPERIAL
SUGAR
Pure Cane
10X
powdered
IMPERIAL
SUGAR

In 1843, the first sugar mill was built near a ford on Oyster Creek crossed by travelers of the old main road from Galveston to the West. By the time the Republic of Texas was formed, cane sugar had become the major crop in the four Southeast counties of Fort Bend, Wharton, Brazoria and Matagorda, with thirty-five mills grinding cane to produce syrup or cane sugar. The best known of the sugar plantations was the "Williams place"...a favorite stopping place for such early Texas notables as Austin, Bowie, Crockett, Fannin, Lamar and Wharton.

Cane growing and sugar milling prospered during the early nineteenth century in the little Brazos Valley settlement which had been named Sugar Land. At the turn of the century only one of the thirty-five sugar mills still operated, grinding cane from many plantations.

The one that survived Comanche raids, Santa Anna's devastating march through Fort Bend County, and the Civil War, produced cane sugar which later became known as "Mama's Sugar."

Imperial Sugar Company, the state's only cane sugar refinery, is the oldest industrial enterprise in Texas, still operating from its original site. Imperial's ultra-modern refinery is situated on the same spot where S. M. Williams built a new mill in 1843.

Sugar Functions

The sugar bowl has a permanent place on most dining tables at home and in restaurants. Every canister set includes one called "SUGAR." These permanent storage locations indicate the unusual versatility of sugar. Besides the good flavor sugar adds to foods, sugar is used in cooking for many reasons:

1. *Sugar improves texture.*
2. *Sugar promotes lightness in cakes by its interaction with shortening.*
3. *Sugar speeds the effectiveness of yeast in doughs.*
4. *Sugar caramelizes at high heat to add enhanced flavor to meats and dessert toppings such as frostings.*
5. *Sugar blends with sour flavors for special taste effects.*
6. *Sugar stabilizes egg dishes such as custards to achieve smooth texture.*
7. *Sugar disperses starch granules of thickening agents.*
8. *Sugar is physically essential in jam and jelly making.*
9. *Sugar helps prevent food spoilage.*
10. *Sugar improves flavor and texture in canning and freezing.*
11. *Sugar preserves natural color in canning and freezing.*
12. *Sugar is the essence of candies and frostings.*

Granulated Sugar — Fine-grained, white, free-flowing and versatile, granulated sugar is the most widely used form of sugar. Refined to 99.9 percent purity, it is extracted from sugar cane and sugar beets and is never synthetically produced. Imperial Sugar is 100% pure cane sugar refined only from sugar cane. Granulated sugar is the workhorse of the sugar family; it is the kind you use when a recipe calls for "sugar" in normal baking, canning and table use. Superfine sugar is a very fine-grained granulated sugar. The tiny crystals dissolve quickly, making the free-flowing sugar ideal for fine-textured cakes and meringues, sweetening beverages, spooning over fresh fruit, whipping meringues and cooking boiled icings.

Brown Sugar — Brown Sugar is made through separate processing which produces crystallized sugar from dark refinery syrups containing molasses. Since it is nutritionally about the same as granulated sugar, brown sugar should be used for its flavor and color. Store brown sugar in an airtight container after use to keep moisture inside. Soften brown sugar by placing a damp paper towel in sugar container or place foil-covered sugar in airtight container. Or place a slice of white bread or fresh apple inside sugar container. In tightly closed two-pound poly bag, brown sugar keeps indefinitely.

Powdered Sugar — Powdered sugar is the same as confectioners' sugar...a fine, pulverized form of white, refined sugar. Like most powdery substances it absorbs moisture easily and requires careful storage to keep moisture out and to prevent hardening. Dampness, followed by drying causes lumps in the sugar. A small amount (3%) of cornstarch is added to Imperial Powdered Sugar to prevent absorption of moisture. For best results sift powdered sugar before measuring and do not substitute powdered sugar in a cake recipe calling for granulated sugar or superfine sugar because of their differences in weight, texture and general behavior.

As good cooks know, the uniformity of sugar is particularly important to accurate measurement. Level measurements of Imperial Pure Cane Sugar always represent exactly the same amount of sugar. And because it's extra fine granulated, Imperial Pure Cane Sugar is quick dissolving. It blends quickly and smoothly with other ingredients.

Nutrition

Meals in great-grandmother's day were often very large meals eaten regularly three times a day — at 8 in the morning, 12 noon, and 6 in the evening. Most foods were home grown and home prepared. Life styles have changed greatly and it is more common for people to eat as many as five or six meals a day when snacks are counted. More and more people eat on the run, carelessly, without thinking of nutritional content. It's really not difficult to plan good nutrition if you have a basic understanding of the basic food groups: (1) the milk group, (2) the meat group, (3) the fruit and vegetable group, and (4) the bread and cereal group.

MILK, our main source of calcium, also supplies phosphorous, protein, riboflavin, vitamins A and D. And it aids in producing strong bones and teeth, and healthy skin and tissue. Cheese, ice cream and milk used in cooking all count towards the daily milk requirement. A serving of milk is one cup of any kind of milk including buttermilk, skim milk and the reconstituted milks such as nonfat, whole and skim evaporated milk as well as chocolate milk drinks. One-half cup creamed cottage cheese, one-half cup pudding made with milk, one-half cup ice milk or ice cream equals one-third cup of milk. Young children need 3 to 4 cups of milk per day; young adults need 4 or more cups per day; adults and older adults need 2 cups milk per day.

MEAT, including the red meats (beef, pork, veal and lamb and the organ meats), fish, shellfish and poultry, supplies proteins, iron and the B vitamins. A serving is 3 ounces. Two or more servings per day from the meat group are desirable and at least one food from the meat group should be eaten at each meal. Meat is the best source of high-quality proteins because it contains all the essential amino acids which cannot be manufactured by the human body and must be eaten daily to assure adequate intake. The vegetable proteins are low quality because they do not contain all of the essential amino acids; larger quantities of these foods must be eaten to obtain enough nutritive value.

FRUITS AND VEGETABLES are major sources of the vitamins A and C which help to produce healthy skin, eyes, gums and body tissues. They also supply other vitamins, minerals and carbohydrates at lower cost per calorie than the meat group. Four servings of one-half cup each should be included in the day's diet and one serving should be a good source of vitamin C and one serving a good source of vitamin A. Fruits high in vitamin C are grapefruit or grapefruit juice, fresh strawberries, orange or orange juice, cantaloupe. Vegetables high in vitamin A are green pepper, red pepper, brussels sprouts and broccoli.

BREAD AND CEREAL includes enriched, whole grain or restored breads, cooked or dry cereals, oats, macaroni and other pastas, rice and wheat. Breads, which are sources of carbohydrates, iron and B vitamins, produce energy and assist in regulating body functions and aid in converting food into energy. Three to four servings should be eaten daily; a serving is one slice bread, one ounce (a cup) of dry cereal, one-half cup cooked cereal, cornmeal, rice or pasta. Be sure they are enriched or whole grain.

Other foods, not included in the four basic groups, should be considered as "extra" foods to be included after we have eaten the basic essentials. This group includes sweet foods such as candy, soft drinks, gelatin desserts, syrups as well as salad dressings, cream, butter, margarine, oils and other fats.

Measurements and Tables

All measurements are level. Use standard measuring cups and measuring spoons.

Pinch or dash . . . . . *less than 1/8 teaspoon*
3 teaspoons . . . . . *1 tablespoon*
2 tablespoons . . . . . *1 fluid ounce*
4 tablespoons . . . . . *1/4 cup or 2 fluid ounces*
8 tablespoons . . . . . *1/2 cup or 4 fluid ounces*
16 tablespoons . . . . . *1 cup*
1 cup . . . . . *1/2 pint or 8 fluid ounces*
2 cups . . . . . *1 pint or 16 fluid ounces*
4 cups . . . . . *1 quart*
4 quarts . . . . . *1 gallon (fluid)*
1 stick butter or margarine . . . . . *1/2 cup or 1/4 pound*

Instead of	Use
1 cup honey or 1 cup corn syrup	3/4 cup Imperial Granulated Sugar plus 1/4 cup liquid
1 cup Imperial Granulated Sugar	1-3/4 cups packed Imperial Powdered Sugar*
1 cup Imperial Granulated Sugar	1 cup Imperial Brown Sugar, packed
1 pound Imperial Granulated Sugar	equals 2-1/4 cups
1 pound Imperial Powdered Sugar	equals 4 cups, unsifted, or 4-1/2 cups sifted
1 pound Imperial Light Brown Sugar	equals 2-1/3 cups, firmly packed
1 pound Imperial Dark Brown Sugar	equals 2-1/4 cups, firmly packed

**Do not substitute powdered sugar for granulated sugar in cake recipes.*

To make the best use of your food dollar, it's important to buy and cook the right amounts of food. Here are two tables that show how much to buy and how much to cook for average servings.

HOW MUCH MEAT TO BUY

	Servings per pound
Large amount of bone (ribs)	1 to 2
Medium amount of bone (chuck roast)	2 to 3
Minimum amount of bone (steaks, roasts)	3 to 4
Boneless (ground meat, rump roast, liver)	4
Luncheon Meat	5

HOW MUCH TO COOK

	Amount Before Cooking	Measure After Cooking
Cornmeal	1 cup	5-1/2 cups
Macaroni	1 cup (3-1/2 oz.)	2 cups
Noodles	3 cups (4 oz.)	3 cups
Quick-cooking Oats	1 cup	3 cups
Rice		
Long grain	1 cup	3 cups
Packaged precooked	1 cup	2 cups
Spaghetti	1 lb.	9 cups
Kidney, lima and navy beans; split peas	1 cup	2-1/4 cups

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